



Bryan Suo-Anttila and Harmony Montgomery serve up hot treats at the Rotary Winefest February 23rd. *

MP discusses doctor shortage in Ottawa

BC Southern Interior MP Alex Atamanenko shared his feelings on the local doctor shortage recently in Ottawa.

In his statement during the second session of the 39th Parliament on Wednesday, February 13th Atamanenko said, "Mr. Speaker, the residents of Princeton are extremely concerned about the health care crisis currently facing their community. There is a loss of three positions by the end of April and in addition the closure of their hospital's emergency room."

Atamanenko continued, "It is estimated that five million Canadians currently do not have a family physician and 4,000 more doctors are expected to retire within the next two years; the residents of Princeton and other rural commu-

nities deserve to have access to doctors and to emergency services. The mayor and council together with the Interior Health Authority are working hard to address the situation."

Atamanenko added, "Something is wrong. Massive cuts to health care transfers, together with a lack of leadership at the federal level have shifted the burden on to provinces and communities. In BC the provincial government chose to cut and slash the health care system at the same time it implemented massive tax cuts. It is time for the federal government to assume its responsibility to ensure that towns like Princeton have enough health care professionals and adequate hospital facilities. Canadians deserve no less."

Healthy Harvest Box program returns

Mountain Bluebirds, road repair crews and tourists are not the only things returning to Princeton this Spring. Back by popular demand is the Healthy Harvest Box program - the result of brainstorming, networking and determination by a group of Princeton locals who met throughout the Fall and Winter at food security meetings held at the Princeton Skills Centre.

Who are you guys, anyway?

We are the Princeton Healthy Harvest Box Committee. Currently our working committee members include Rosemary Woodruff, Ann Hughes, Darrell Dobie, Dr. Penny Paterson, Brenda Engel, Frieda Schroeder and Arnold Schroeder. Advising the committee are Princeton Public Health Nurse, Beatrice Bibby and Community Developer for Food Security in the South Okanagan-Similkameen, Christine Schwarz. What is a Healthy Harvest Box for Pete's sake?

For those unfortunates not among the 150 or more subscribers to the previous box program, it is pure sunshine in the form of locally-grown, mostly organic fruits and vegetables that you pick up once a month.

The produce is fresh, and represents a considerable savings over retail prices. Staples are well represented by carrots, onions, lettuce and tomatoes and the like, but the content varies according to season and happy circumstance.

What is this ferny thing with a stalk like a pregnant celery?

You may find little surprises in your harvest box in the form of vegetables you've never seen before and were never forced to eat as a child. Don't worry. The newsletter included with your food will help you identify, cook and possibly even love those veggie strangers. Every month a new adventure.

Why do you want my money now when I don't get my Harvest Box until May?

We've been working very hard with our Penticton supplier, a small local food sourcing company, to get regional produce at great

prices. This involves the supplier working with South Okanagan-Similkameen farmers to make sure they plant enough, chard, corn, lettuce and rutabagas to meet our needs months down the road. In order to get the best for less, we have to know how many Harvest Boxes we need to fill. Because the Princeton Healthy Harvest Box

Association welcomes foresters

Three hundred new forest professionals were officially welcomed to the Association of BC Forest Professionals' (ABCFP's) 60th annual forestry conference and AGM in Penticton last week.

Two of the inductees were from Princeton - Brett Bottcher and Alan Lawes.

Forest professionals work in a wide range of fields. Some of the more common include forest inventory (measuring and surveying), forest engineering (road design and layout), forest operations (harvesting), silviculture (growing and tending trees), ecology, wildlife and fisheries, recreation and landscape design, hydrology (study of water), pedology (study

of soils), entomology (study of insects), pathology (study of diseases), mapping, planning. This time around it's 'our' Healthy Harvest Box program, and we can work together to make it succeed.

How do I get a Healthy Harvest

Box?

To subscribe, and ensure a Harvest Box in May, take \$20 in cash (preferably) or check, to Brenda at the Similkameen News Leader office, Tuesday through Friday, 9:00 AM to 12 Noon and 1:00 PM to 4:00 PM. For more information or to volunteer call Ann at (250) 295-3941.

Housing group asks for policy

Princeton Affordable Housing Committee has asked Town Council to develop an Affordable Housing Policy. In a letter to Town Council, the committee asks that Council prohibit any strata to own development if the vacancy rate is below four percent.

Included in the letter is informa-

economies, research, teaching, administration, management and policy development.

tion about other communities which have such policies.

Council referred the matter to staff to research what the other communities have done.

At the same time, Mayor Randy McLean stated, "We are not allowing any more strata title developments for the foreseeable future."

CARTER'S
Sudoku
Challenge
PAGE 16 - IN YOUR TV GUIDE SECTION

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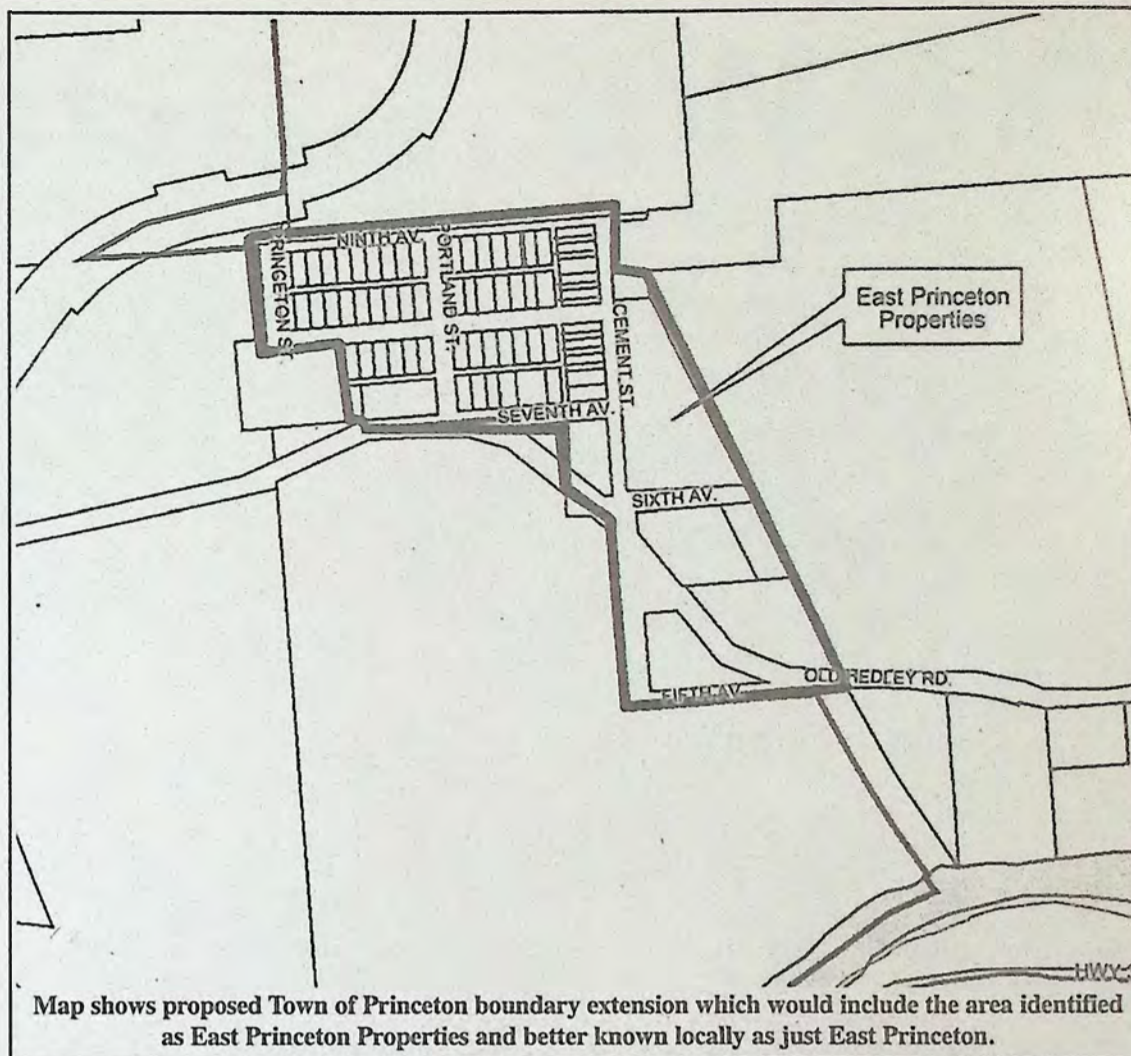
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Explore The History Of Mining - Gold, Copper and Coal



Map shows proposed Town of Princeton boundary extension which would include the area identified as East Princeton Properties and better known locally as just East Princeton.

Town will be bigger

Town Council has begun the process to expand its boundaries. The boundary extension will bring in East Princeton, Airport Road and Jacobsen Road, for a total of 78 residences.

These properties will be withdrawn from Regional District and included in Town of Princeton.

The reason for the municipal

boundary extension is to provide water services to these areas. The estimated cost of the project is \$2,885,000. Not all of the expanded services go to the new residential areas. Some of the project includes improved water service to the industrial park and Deerview.

To help finance the project, Town Council has appealed to the provincial government for grants. Total project costs will be shared equally between federal, provincial and

municipal governments.

Plans for the project include a feasibility study for waste water collection.

The push for the improvement of water supply comes from the provincial government in the form of regulations under legislation called Groundwater Protection, an effort to ensure all B.C. residents have clean water. Tenders for work on the project are expected to be available in late spring.

RCMP aims at seat belts

Sgt. Gary Macahonic attended the February 18 Town Council meeting and was invited to speak about recent police activity. Sgt. Macahonic began by saying Princeton is still a low crime area, despite a few break and enter crimes.

Sgt. Macahonic said Princeton residents had probably noticed an increased presence of patrol officers in the community in recent

weeks. They are targeting seat belt infractions to "encourage" local residents to buckle up. In most areas of the province, seat belt use is over 90 percent, but in Princeton, seat belt use is around 64 percent.

Councillor Jim Manion wondered whether the low rate of seat belt compliance was because Princeton area residents are "rednecks", but Sgt. Macahonic declined to respond to that remark.



10201

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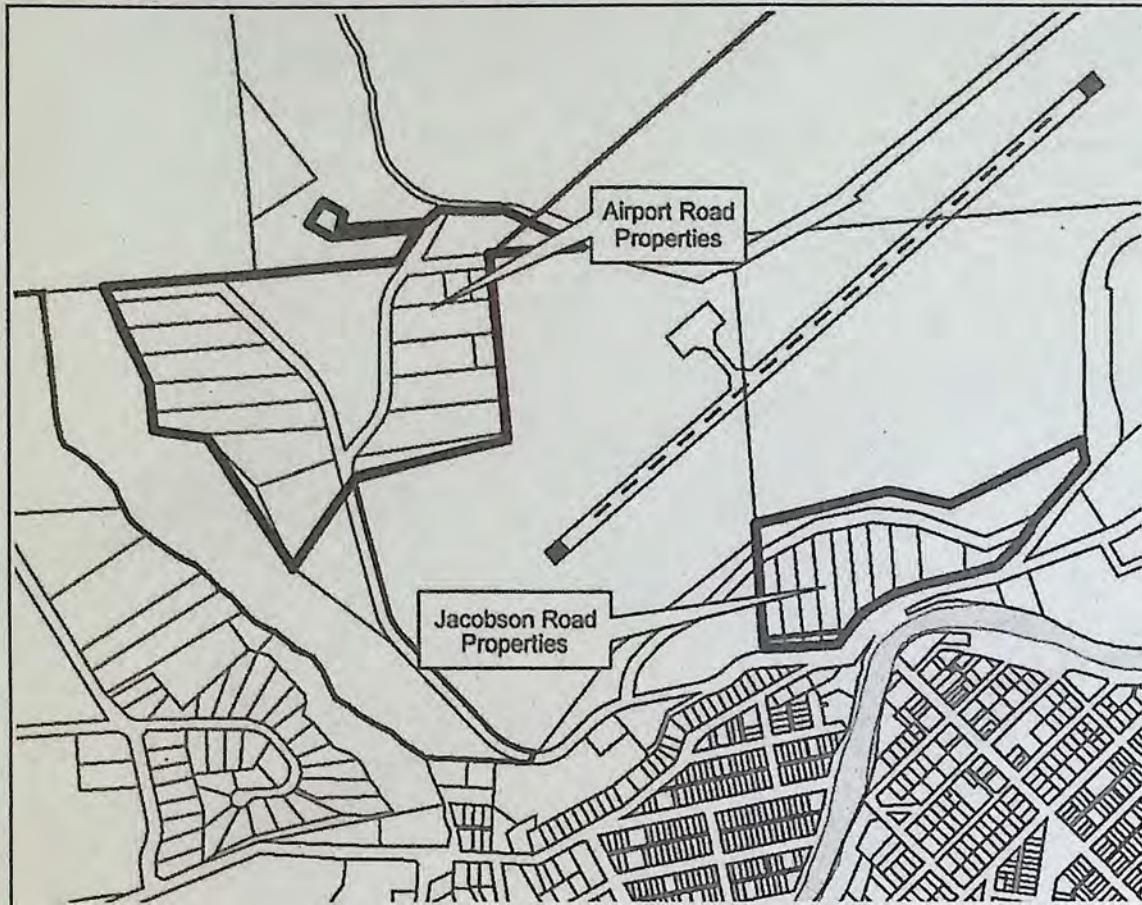


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The rest of the proposed Town of Princeton boundary expansion would include areas identified as Airport Road Properties and Jacobson Road Properties. A total of 78 residences, including those from East Princeton, also part of the expansion, would become part of the Town of Princeton.

Town updates emergency plan

The Town of Princeton has a newly updated Emergency Management Plan. The previous plan was 10 or 12 years old, and the new plan incorporates up to date provincial initiatives. The new plan deals with interface forest fires, toxic spills, floods, and

any other major emergency situations. There will be a "tabletop" exercise in April to run through who does what in a particular emergency. This exercise is like a conference between Town Council and representatives

from all emergency services. The plan advises on how to draw on resources within the community as well as resources from outside the community, and how to recover costs from the provincial government.

Session provides 'smorg'

Diane Robinson and her Congregation Reflection Group put on a great day Saturday, February 16th! I happened to be on their mailing list, or I would not have heard about it.

So, I invited a couple of friends and entered the Christian Education Building to see a half circle of chairs around a table in the centre with a number of plates having brightly coloured napkins on top. The significance being, that as the day went on; a piece of paper with the name of the Spiritual Practice that was to be explored, was placed on a plate. Hence the name 'Smorgasbord of Spiritual Practices' for the session.

The day started with a simple song, which we referred back to as 'palette cleansers' throughout the day. There was a chartboard and we were given ample opportunity before lunch, and between sessions to share our ideas - without judgement or criticism - which I found to be very critical as some folks were not church attendees but spiritual seekers; which was accepted with no question.

It allowed for INQUIRY in the same sense as the newly formed Philosopher's Cafe. (By the way, women and men were in attendance as in the aforementioned group).

Short fifteen to thirty minute presentations followed, the first being called Centered Prayer - with

actual time given for meditation! This is wonderful to experience in a group.

Information was given before each of the following sessions on Breath Meditation, Silence and Solitude and Walking Meditation. There were a number of interesting books on display to peruse during breaks.

I was frantically copying lines like: "Spirituality must touch all of one's life...or none of one's life." or 'I think the hardest part of being an agnostic or atheist must be feeling full or praise and thanksgiving for any of life's amazing miracles and gifts - like a snow-topped mountain with the sunset all around it, a glorious fall day in the country-side, a tiny infant's first smile, or the experience of being wildly in love - and yet have no Source or God to thank.' I believe the authors were Tom Harper and Ernest Kurtz respectively.

We barely had time to touch on the other topics of the Smorgasbord: Spiritual Movement, Sacred Writing and Labyrinth.

I was able to inform the group of Leanne and Ed Petschl's wonderful Lavender Labyrinth in Tulameen and hope the group members will enjoy an individual walk 'to the centre of peace and back again.'

Diane Robinson is talking of continued on Page 27



Princeton Town Hall News



169 Bridge Street PO Box 670 Princeton BC V0X 1W0
Phone: (250) 295-3135 Fax: (250) 295-3477 Email: prince@nethop.net
website: www.princeton.ca

Message from Mayor McLean

Welcome to the first of many Princeton Town Hall News updates. Town Hall is committed to keeping you informed of the variety of activities and happenings throughout the year. We are consolidating all of our existing advertising in one area to make it easier for residents to find information. By utilizing this space, Town Hall will keep Princeton and District residents informed of Town Council briefs, community meetings, recreation programs, and so much more. Look for this space biweekly to stay informed and up to date.

Town Contacts

Mayors Office	295-7511
Patrick Robins, Administrator	295-3135
Shirley McMahon, Deputy Treasurer	295-3135
Lyle Thomas, Community Service Director	295-7222
Nadine McEwen, Community Rec. Coordinator	295-6067
Public Works Yard	295-3522
After Hours Water & Sewer Emergencies	295-6134

Email us at prince@nethop.net

Council Briefs

At the Regular Meeting on February 4, 2008, Council committed to participate in providing solutions to affordable housing needs. The Town may participate by contributing land and services where possible for a housing initiative and petition upper levels of Government to make necessary financial contributions.

Notice

Notice of Public Meeting of Council Review of Liquor-Primary License

Notice is hereby given by the Town of Princeton of a Public Meeting of Council scheduled to receive public comment on the application by 0776075 BC Ltd to the Liquor Control and Licensing Branch (LCLB) for the relocation of their liquor-primary license from 258 Bridge Street (former Princeton Hotel site) to 271 Vermilion Avenue (former "Mikado Restaurant" site). The Town has been asked by the LCLB to comment on the following:

- The location of the establishment;
- The proximity of the establishment to other social or recreational facilities and public buildings;
- The person capacity and hours of liquor service of the establishment;
- The number and market focus or clientele of liquor primary license establishments with a reasonable distance to the proposed location;
- Traffic, noise, parking and zoning;
- Population, population density and population trends;
- Relevant socio-economic information;
- The impact on the community if the application is approved.

Date and time: March 3, 2008 6:30 p.m.

Location: Council Chamber, Princeton Town Hall, 169 Bridge Street, Princeton, BC

Members of the public are invited to comment at the Public Meeting or submit in writing up until 6:30 p.m. on March 3, 2008, comments respecting the application. An application summary is available for public inspection at Town Hall during regular business hours up to 4:30 p.m. March 3, 2008.

Notices

NOTICE OF DISPOSITION OF LAND

In compliance with Section 26 (3) of the *Community Charter*, the Town of Princeton hereby gives notice of its intention to dispose of the unserved lot at 323 Laurie Currie Way. The property is legally described as: Lot 7, Plan KAP71238, District Lot 932, Kamloops Division of Yale Land District, PID 025-420-348. The Town is entering into an Agreement of Purchase and Sale with Double J Logging Ltd. for consideration in the amount of \$50,000. Any questions pertaining to this disposition should be directed to Patrick Robins, Chief Administrative Officer.

2008 UTILITY INVOICES

2008 Utility Invoices have been mailed to property owners. If payment is received in the Town office prior to 4:30pm February 29th a 10% discount will be applied. Postmarks will not be considered as date of payment.

2008 DOG TAGS

Available at Town Hall	
Neutered or Spayed Dogs	\$10.00
Non Neutered or Unspayed Dogs	\$30.00

Community Recreation

Did you receive your *NEW* Town of Princeton Winter 2008 Leisure Guide in the mail? If not stop in at Town Hall, Arena or Riverside Centre to pick one up today.

If you have an upcoming activity, event or would like to advertise your organization for the *Spring & Summer Leisure Guide* please contact the Community Recreation Office at 295-6067 by **MARCH 20**.

Office Hours: 8:30 am to 4:30 pm Monday to Friday



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Some of the playground equipment located in Memorial Park will have to be moved to allow for the new Community Resource Centre. Crews have already removed some of the equipment. The foundation in the foreground is where the former Similkameen Country InfoCentre building sat. *

Village issues Council meeting highlights

From the February 18, 2008 Regular Council Meeting:

1. Issue - Mayor raised the issue of possibly requesting the Ministry of Transportation to reduce the speed limit in Keremeos' downtown core to 30 km/h from 50 km/h. Other issues were raised by Council, particularly the concern for safety of pedestrians crossing the intersection at 7th Avenue and 7th Street (flashing light). Staff will be contacting the Ministry of Transportation to suggest various improvements. It was also suggested that the Village could be educating its public more

about being more careful when crossing over the Highway in the downtown core.

2. Issue - Development occurring adjacent to the Village boundaries, particularly when that development impacts the Village (i.e. traffic, water quality) - it was agreed that a letter will be written to the Electoral Area G Director, and to the CAO and Chair of the Regional District, asking that the Village be included in the referral process when developments are proposed for areas adjacent to the Village Boundaries within at least a four block radius.

3. Issue - Discussion took place about Council members' attendance at conferences - staff was instructed to get information from other municipalities in order to formulate a policy.

4. Issue - Village will be purchasing golf shirts for Council and staff to identify them with the municipality and to promote Keremeos. The current logo is being reviewed for these shirts, as it is outdated.

5. Cemetery Bylaw - the newly drafted and more comprehensive than the previous bylaw was adopted. - submitted by Village of Keremeos

Keremeos RCMP report successful day

Saturday February 16th 2008, RCMP in Keremeos conducted a Focused Enforcement Plan involving two members of the Keremeos office, the Auxiliary Constable and Citizens On Patrol.

The result of the initiative were investigations and seizures of the following:

- 1) Seizure of alcohol: 31 cans of beer, one 26 ounce bottle of Vodka, and other miscellaneous bottles of alcohol - offences under the Liquor Control & Licensing Act
- 2) Seizure of a small quantity of marihuana - offence under the Controlled Drug & Substances Act

3) Impaired Driving Charges and breath samples of 150 and 140 mg % of alcohol per 100 ml of blood - Over 80 mg of alcohol per 100 ml of blood (breath to blood alcohol ratio) charges for a non-resident 30 year old male from Lower Mainland

4) Impaired Driving/Refusal to provide breath samples charges for a male 26 year old local resident

5) Misuse of Licence plates - Motor Vehicle Act offence

6) 6 month Driving Prohibition Notice served on a local Cawston resident

7) 5 warnings were issued to drivers on Motor Vehicle Act viola-

tions
8) 3 Motor Vehicle Act Violation Tickets issued for other various offences

9) Response to a complaint of dispute at a residence in Cawston - no charges

Police also stopped approximately 30 vehicles in Keremeos and area, and found Sober Designated Drivers transporting passengers to their destinations.

As a result of local Citizens on Patrol, an impaired driver was located after direction of travel, description of the vehicle and the time lapse was passed on to police by their observations.

- submitted by Keremeos RCMP

www.frameyourpets.com

Where Humans Learn Tricks!



Did you catch the lunar eclipse on February 20th? The sky was clear for viewing. We even managed to take a few photos of the event when it had reached it's peak and the Moon was an orange/red colour.

Fortis invites Mayor to workshop

Mayor Randy McLean plans to attend a stakeholder workshop sponsored by FortisBC this Wednesday.

The workshop takes place in Kelowna, where Fortis BC will review its resource plan for the future. Another workshop will take

place in Castlegar.

FortisBC is developing a long term resource plan for submission to the BC Utilities Commission. This plan deals with FortisBC's long term generation needs.

It examines the capacity of existing sources of power generation

and proposes solutions to supply not only existing customers by anticipated future customer needs.

FortisBC is looking for feedback as well as providing information. Anyone wishing to view the plan can see it online at <http://www.energyplan.gov.bc.ca/>.

KINDERGARTEN 2008 STUDENT REGISTRATION

School District No. 58 (Nicola-Similkameen)
"LEARNING FOR TODAY AND TOMORROW"



Registration Schedule
Monday to Friday
March 3 - 14, 2008

9:00 - 11:00 AM / 1:00 - 2:30 PM
John Allison Elementary School
295-6727

For September 2008

- To register, a child must be 5 years of age on, or before **December 31, 2008**.
- Parents/Guardians should bring child's Birth Certificate, Immunization Card and Care Card when registering.

For further information, contact John Allison Elementary School. It is important that parents register their child early to assist with planning at the school.



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483 Palmer Street

Asking Price: \$323,800
SOLD after 41 days on market
2,080 Sq Ft
Split-level, family home



SOLD:
\$229,900

121 Edgewood Dr

Asking Price: \$229,900
SOLD after 15 days on market
2,146 Sq Ft
Family home on corner lot



SOLD:
\$210,000

456 Mayne Avenue

Asking Price: \$217,900
SOLD after 62 days on market
1,176 Sq Ft
Corner lot close to hospital



SOLD:
\$305,000

484 Mayne Avenue

Asking Price: \$309,000
SOLD after 47 days on market
2,805 Sq Ft
Fully-loaded family home

Market Data indicates a selling price range between \$200,000 and \$400,000



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169 Bridge Street, Princeton, BC

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news leader health and lifestyle page

Small Business Tips: Invest in good accounting software

(NC)—Operating a small business takes skill, smarts and a whole lot of luck. It also helps to have an experienced and accessible accountant or bookkeeper available, one who understands the needs of your small business and equips you with the tools to succeed.

Many accountants are recommending small business accounting software to their clients. While that might seem like a career limiting move, it actually makes sense. According to a recent Ipsos Reid survey, most small business owners don't see working with accountants or using accounting software as an 'either-or' choice. Many now use software to improve how they work with their accountant or bookkeeper, with 78 per cent of survey respondents reporting that technology makes it easier to work with an accountant.

"I recommend my clients invest in

accounting software because it helps them better manage their books on a day-to-day basis so they can come to us for more strategic support," says Peggy Crawford CMA of Renewed Business Strategies in Orillia, Ontario. "Programs like QuickBooks allow them to easily exchange data with their accountants, who can ensure they're on the right track with tax planning, deductions and other business strategies."

Still, not all accountants and accounting software are created equal. Here are some tips to help small business owners wade through the options:

Think strategically – To prevent accountant or bookkeeper fees from skyrocketing, manage your books with reputable business software and turn to an expert for strategic knowledge. That way the business will run smoothly day in and day

out rather than just after an annual books update.

Experience counts – Avoid hiring friends simply because they might cost less, and don't choose firms just for their name. Instead, look for an accountant or bookkeeper who has worked extensively with small businesses and has represented companies in your industry.

For instance, a cattle farmer would benefit from an accountant with farming knowledge while a clothing store owner would be wise to hire someone who understands the nuances of retail.

Accountants and software advisors can be found online at www.quickbooksgroup.ca where you can also chat online with other small business owners.

Get in sync – Accountants generally support a variety of customers using everything from paper and spreadsheets to accounting software to manage their business and to prepare tax and accounting documents. Working with accounting and business tax software throughout the year allows a business and its accountant or bookkeeper to better manage deductions, control finances, and prepare in advance for a more manageable tax time.

Let the software do the talking – Work faster and more efficiently by choosing software like QuickBooks, that allows client and accountant to exchange and merge files for fast and accurate editing and auditing.

Be sure both parties are viewing identical information to encourage easier communication and instant troubleshooting.

Rosé Chicken Pasta Bake

(NC)—Bring the appeal of your favourite, comforting restaurant-style pasta home. The creamy sauce contains calcium that helps to maintain strong bones. So enjoy the taste without the guilt.

Ingredients:

- 1 tbsp (15 mL) butter
- 2 cloves garlic, minced
- 1 1/2 tsp (7 mL) dried oregano leaves
- 1 tsp (5 mL) dried basil leaves
- 1/2 tsp (2 mL) dried thyme leaves
- 1 tbsp (15 mL) all-purpose flour
- 2 1/2 cups (625 mL) milk
- 3/4 cup (175 mL) Heinz Chili Sauce
- 1/4 cup (50 mL) finely chopped, oil-packed sun-dried tomatoes
- 4 cups (1 L) fresh cheese tortellini
- 2 cups (500 mL) each cooked cubed chicken breast and broccoli florets
- 1/2 cup (125 mL) chopped red pepper
- 2 cups (500 mL) Italian-blend shredded cheese

Preparation:

1. Preheat the oven to 350 °F (180° C). Melt the butter in a large saucepan set over medium heat. Add the garlic, oregano, basil and thyme. Cook, stirring, for 1 minute or until fragrant. Sprinkle evenly with the flour; cook stirring for 1 minute. Gradually whisk in the milk, chili sauce and sun dried tomatoes. Cook, stirring often, for about 8 minutes or until just slightly thickened. (The mixture may separate a little but will come together.)
2. Stir the tortellini, chicken, broccoli, red pepper and half of the cheese into the sauce. Transfer to a greased, 8-cup (2 L) casserole dish; cover tightly. Bake for 30 minutes. Uncover and sprinkle with remaining cheese. Bake, uncovered, for 15 minutes, or until cheese is melted and casserole is bubbly. Makes 6

servings.

Twists

1. For a drip-free oven, place the casserole on a foil-lined baking sheet before baking.
2. For a tasty herbal garnish, sprinkle the casserole with chopped fresh basil or parsley.
3. For a lower fat, higher fibre pasta alternative, use whole-wheat penne instead of tortellini.

Nutritional Information

Per serving: 538 calories, 19g fat, 39g protein 52g carb, 3g fibre, 1224mg sodium. Excellent source of vitamin A, niacin, vitamin C and calcium.

- News Canada

- News Canada

living past 100

The more you know, the better

Knowing about nutrition is very important if you want to live a long, healthy life. You need to know which foods are good for you, how they help you thrive, and when they can be used as if they are medicine. Before the days of antibiotics and various other pharmaceutical remedies, people used foods and herbs to treat many unhealthy conditions. In those days, food was most definitely medicine. Today, when we talk about medicine, we refer to pills and other preparations which may or may not be the best thing for you.

Food as medicine can be best described in the little verse about the apple "An apple a day keeps the doctor away." Apples were a way of avoiding constipation and diarrhea. Apples have been proven to take a round out of stomach flu, and an apple a day goes a long way toward preventing cavities in your teeth.

Apple cider vinegar is an apple product with many medicinal uses. Soak gauze in it and use the gauze to cover a burn. Rub apple cider vinegar on insect bites and stings to relieve the pain and stop the itching. Soak feet in it to get rid of athlete's foot, rinse your hair with it to prevent dandruff, and use it as an underarm deodorant. Talk about cheap medicine!

A grated apple poultice applied to a festering sore can usually draw out the poisons. To add to these kinds of remedies, a poultice of grated potato or crushed fresh tomato can do the same thing, even in cases of blood poisoning.

Back to the apple: it is good for your heart because the pectin cuts cholesterol. (Maybe that is why applesauce is served with pork?)

Many of the foods we eat have a lot more value as medicine, but without our knowledge of this information, we would never guess there is more to food than calories. Go to your library to find books about fruits and vegetables and their value for health. You will be surprised by how much you can learn about foods you take for granted.



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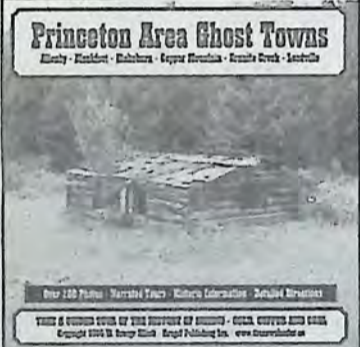
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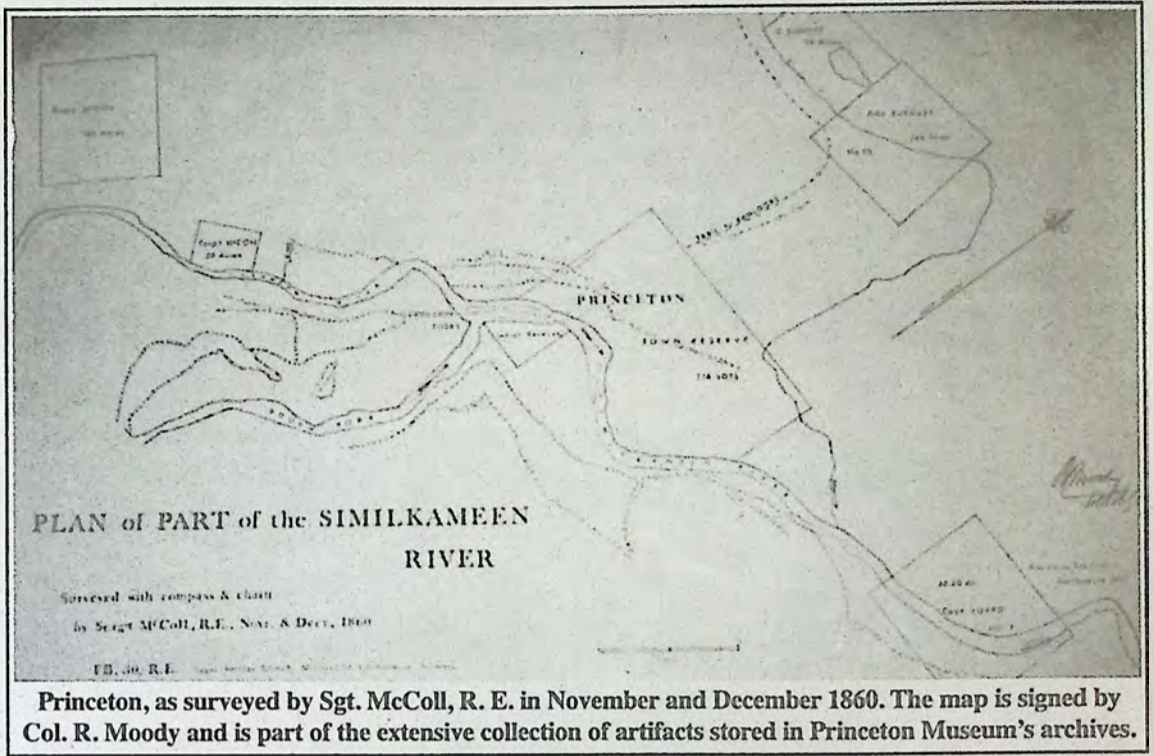
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James Douglas - First Governor of B. C.
INSIGHTS INTO BC'S HISTORY

by Nick Mills, Princeton Museum & Archives

James Douglas was born on August 15th 1803, in Demerara, now part of Guyana, to a Scottish father and a Creole mother. In 1812 he was sent to School in Lanark, Scotland.

At the age of 16, Douglas left Britain to enter the fur trade in the employ of the North West Company and in the spring of 1819 he set sail from Liverpool for Lachine, Lower Canada. Until 1820 he was stationed at Fort William, Ontario (now part of Thunder Bay) as a clerk and in that year was transferred to Ile-a-la-Crosse on the Churchill River in

northern Saskatchewan.

The Hudson's Bay Company was also active in this area and Douglas was caught up in at least one confrontation with the rival fur traders. While in this post he continued a policy of self-education by reading books brought over from Britain.

In 1821 the North West Company was merged into the Hudson's Bay Company and he was placed on to the HBC payroll. Douglas quickly moved up the structure of the Company and found himself stationed at Fort James on Stuart Lake, headquarters of the Company's New Caledonia District.

the daughter of New Caledonia's Chief Factor William Connelly, Amelia Connelly. Amelia's mother had been Cree. Connelly was impressed by Douglas' skills and they got along well, resulting in Connelly agreeing to the marriage. Following an unfortunate incident, in 1828, where two Hudson's Bay Traders were murdered and the death of a native who was accused of the deed, Connelly feared for the life of Douglas and arranged for his son-in-law to be transferred to Fort Vancouver. After the death of their first child in 1830 his wife joined him. While in Fort Vancouver she gave birth to ten more children, five of which died in infancy.

In 1827 he established Fort Connolly on Bear Lake and on April 27th, 1828, Douglas married continued on Page 9

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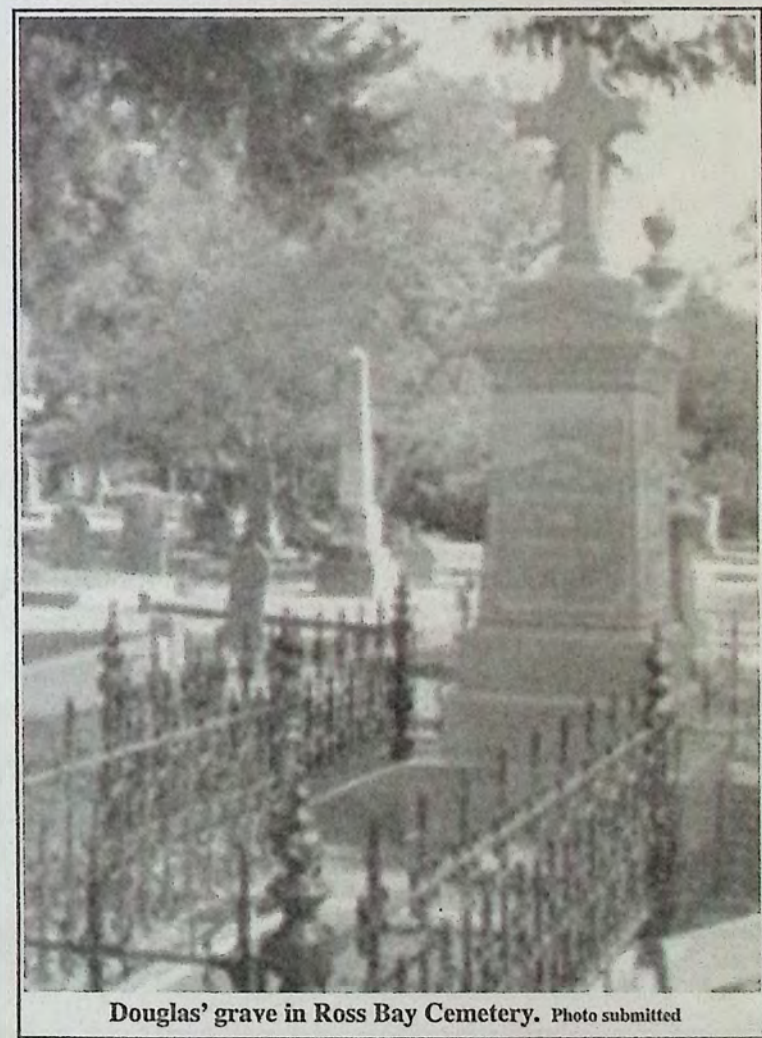
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June Manning, left, Princeton Hospital Auxiliary Past President accepts flowers from the membership for her 2 years of service. The gift was presented to her by Maureen Turner, current President. - photo submitted

..... continued from Page 9
Fort Vancouver and in September, 1840, he was awarded with a commission as Chief Factor, the highest possible field rank with the HBC. In 1849 Britain leased the entirety of Vancouver Island to HBC with a condition that a colony was to be created. Douglas moved the western portion of the Company from Fort Vancouver to Fort Victoria, the present day site of Victoria.

He was not initially appointed to be Governor of the Colony of Vancouver Island – the position went instead to Richard Blanshard, an English barrister, but most practical authority rested with Douglas, as the chief employer and person in charge of its finances and land.

After the resignation of Blanshard in 1851, the British Government appointed Douglas, although he was still Chief Factor of the HBC, as the Governor of Vancouver Island. Besides having to cope with the expansionist pressures of the neighboring United States of America, Douglas' largest problem in the mid and late 1850's concerned relations with the First Nations population. In total they numbered around 30,000, whilst Europeans in the Colony totaled fewer than 1,000.

Other actions during Douglas' time as Governor included the creation of public elementary schools, attempts to control alcohol and the construction of Victoria district Church, forerunner to Christ Church Cathedral. In 1856, as ordered by the British Government, Douglas reluctantly established an elected Legislative Assembly.

In 1856 gold was discovered on the Thompson River and a year later in the Fraser River. This sparked an influx of miners and others, as the word of the discoveries spread south into the United States. Thousands of Americans

flooded into British Columbia beginning the Fraser Canyon Gold Rush.

Douglas, although having no political authority on the mainland, felt compelled to exert British jurisdiction over the territory and stationed a warship at the mouth of the Fraser in order to issue licenses to prospectors and merchants.

In 1858 the British Parliament created the Colony of British Columbia and appointed Douglas as Governor and he was asked to resign as Chief Factor of the western portion of the Hudson's Bay Company.

Douglas's action in exerting British sovereignty over the mainland is generally accepted today to having helped control American territorial ambitions towards this part of British North America. Shortly thereafter, the Colonial Office formally ratified Douglas' proclamation of sovereignty and established a new colony encompassing the mainland.

In 1858 the British Parliament created the Colony of British Columbia and appointed Douglas as Governor. A judge, Matthew Baillie Begbie, the so-called "Hanging Judge", was sent from England to help Douglas maintain order and uphold British law in the area. Along with the judge came a contingent of Royal Engineers; their orders were to construct an infrastructure to help open the resources of the land for the new Colony.

Soon after as his appointment as Governor of British Columbia, Douglas was awarded with an appointment to Commander of the Order of the Bath in recognition of his service as Governor of Vancouver Island.

In 1862, following the discovery of rich gold deposits and the gold rush to the Cariboo, Douglas ordered the construction of the Cariboo Road, an engineering feat running 400 miles from Fort Yale

to Barkerville.

When his service to the Empire ended, Queen Victoria bestowed a further honor by making him a Knight Commander. Douglas kept an active lifestyle in retirement, but stayed out of all forms of politics. He died in Victoria of a heart attack on August 2, 1877, at the age of 73. Sir James Douglas was interred in the Ross Bay Cemetery.

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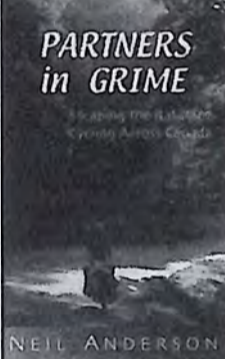
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Hired Equipment Registration Okanagan Shuswap District

The Okanagan Shuswap District Office geographically covers the area from the United States Borders, East to Osoyoos, West to Princeton and North to Salmon Arm.

All individuals or companies who WERE registered this past year through the District Office in Kelowna will be automatically re-registered for the 2008 fiscal year. Invitations by letter to re-register will not be sent out this year, but they will be next fiscal year. If you have new equipment to be added to your profile, please contact the District Office to obtain the appropriate forms for submission.

Any individuals or companies who were not registered in 2007, but wish to have their equipment listed, are hereby invited to register.

The deadline for new registrations for fiscal year 2008/2009 is 4:30 p.m. on Wednesday, March 19. Late registrations will be accepted, but may appear at the bottom of the Open list. Note that there is no charge for registering new equipment, or for changing or deleting equipment already listed.

You can contact the District Office either in person or by phone to obtain the appropriate registration forms.

Note that while you do not need to have Commercial (Comprehensive) General Liability insurance, or up-to-date WCB coverage to register, you will have to meet these requirements prior to working on any ministry project. Only owned or lease-to-own equipment is eligible for registration. Equipment can only be registered in one area in any given year. Seniority is not transferable from area to area.

Murray Tekano
District Manager, Transportation
Okanagan Shuswap District

Contact the Kelowna office at:

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Phone: 250 712-3660
Fax: 250 712-3669





Barb Gagnon models a bra auctioned off as part of last year's event. *

Bra auction needs your support

Barb Gagnon and Tammy Holland of Princeton are making it their new year's resolution to aid cancer victims by participating in The Weekend to End Breast Cancer® benefiting BC Cancer Foundation. They will join thousands of other heroic women and men September 5-7, 2008 in a two day 60 kilometer walk through the streets of Vancouver to raise funds for breast cancer.

With one in nine Canadian women diagnosed with breast cancer in her lifetime, Barb and Tammy makes this bold commitment to The Weekend to End Breast Cancer benefiting BC Cancer Foundation. This is why Barb is walking once again in the Weekend to End Breast Cancer and how she and Tammy, along with their team mates, are raising money for this great cause...

"I decided to walk in the very first Weekend to End Breast Cancer Walk in 2003 because I was given the gift of life by all the amazing surgeons, nurses, technicians, researchers and care givers that fight each day for all of us to have a better life. It was my way of saying thank you to them and it was also in memory of my sister Beryl Jantzer who passed away from breast cancer two months after my treatments ended. I thought, at the time, that I was walking all by myself but no one is alone during the 'Weekend.' It was during that walk that I met my best friend Paula Anderson as we joined the 'Circle of Survivors.' 2008 marks Paula's and my 8th walk, five in Vancouver, one in Calgary and one in London, England. And this year our team has grown. We welcome back Christine (walk #4) and Mandy and welcome Tammy and Simone as we all step one step closer for a cure."

Gagnon continues, "This year

also marks a significant passage for both Christine and me. We will be walking for Christine's Mom, Mandy and my other sister Brenda DeGraag, who both passed away from cancer just before Christmas 2007. I walk for my Mom, Elsie Cooper, who is a 23 year breast cancer survivor. At 91 years of age she has outlived two of her daughters and doesn't want to see cancer take any more of her family. I am walking for my wonderful daughter Heidi and my two amazing grandsons, Michael and Steven who look forward to a better future without cancer."

Gagnon adds, "I am now a 13 year survivor and I know that my sisters Beryl and Brenda and Christine's mom Mandy will be our inspiration when it seems we can't take another step. We know how hard they fought and how they never gave up."

The girls will once again host a very popular fundraiser to aid their cause.

"We will be holding our third annual 'Bra Auction' at the Copper Mountain Bar and Grill on Saturday, March 15th starting at 7:00 PM. We are asking everyone to come out for this fun event for the Weekend to End Breast Cancer. This year we will be selling tickets because it is such a popular event and we want to make sure you get a seat. Tickets will be \$15.00 and can be purchased at the Copper Mountain Bar and Grill, or from Barb or Tammy."

Gagnon says the community has been very supportive of their efforts.

"Princeton has been an amazing supporter of this event and each year the residents outdo themselves with their care and support of our team. Once again we are challenging all the businesses to

create a bra for the event. I am always amazed at the imagination, creativity and talent of all the Bra Artists."

The bras can be dropped off at Ridgewood Lodge or Princeton General Hospital or contact Barb or Tammy at 295-4460 or 295-4411.

Barb Gagnon, walker # 320065-4 and Tammy Holland, walker # 320908-8 have set a personal fundraising goal of \$2,000 each. To help them reach this goal, visit www.endcancer.ca to make a donation online or call (604) 684-WALK(9255).

This is the fifth annual Weekend to End Breast Cancer walk in Vancouver. This multi-day event is a chance to discover what it is to be a hero in the fight against breast cancer. Thousands of Walkers will cover approximately 30 kilometers each day traveling at their own pace.

Walkers will be supported by hundreds of Volunteers and Crew Members who will provide meals, water and snack stops, gear transport, portable restrooms, safety on the streets, comprehensive medical services and an overnight campsite complete with tents and hot showers.

For more information or to register visit www.endcancer.ca or call (604) 684-WALK(9255).

About BC Cancer Foundation
The Weekend to End Breast Cancer benefits breast cancer research and care through the BC Cancer Foundation, an international leader in the fight against cancer and an independent charitable organization, which supports research and care at the BC Cancer Agency. With cancer survival rates better than any other province in Canada, the BC Cancer Agency has become a model for cancer care and control around the world.

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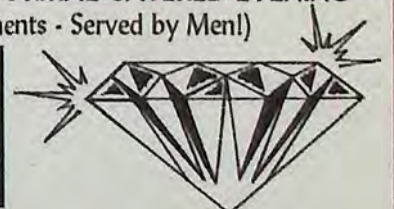
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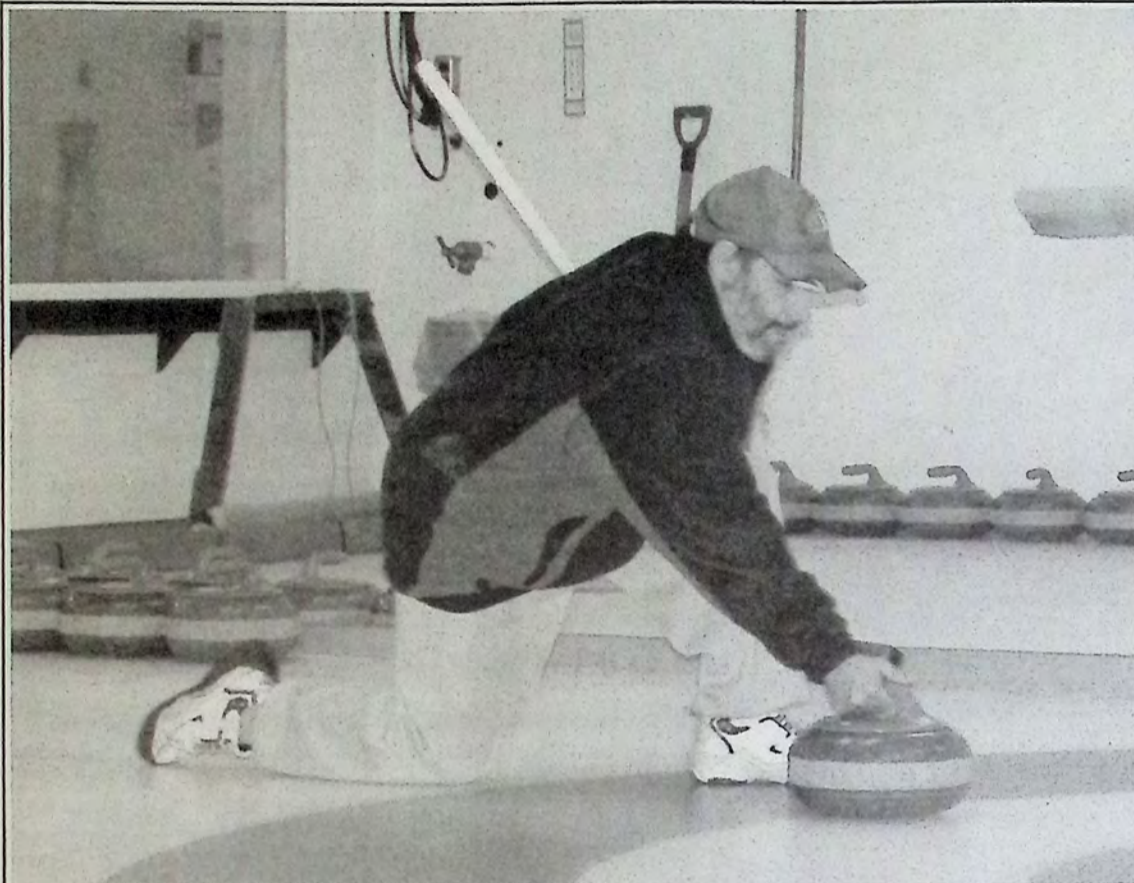
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weekly entertainment guide

TUESDAY, FEBRUARY 26, 2008 THROUGH MONDAY, MARCH 3, 2008



Mark Bzdel shows some smooth moves on the centre sheet at Princeton Curling Club last week as part of a program introduced to New Beginnings members interested in learning how to curl. *

Skiers flock to China Ridge!

Princeton's China Ridge Cross-Country Ski Club has had an active and fun-filled season to date. Unlimited amounts of fresh snow have afforded keen skiers in the group with a great choice of venues. The airport track has been well used all winter by classic style skiers, skating enthusiasts and dogs alike. The January full moon saw a good turnout of potluck toting skiers assembling at our remote cabin up above China Ridge.

That evening we enjoyed perfect snow, a bright full moon, crisp temperatures, an evening of camaraderie, and a nice assortment of delicious foods. Despite the recent sale of the popular Japanese sushi restaurant, our tradition of transporting Sushi up the mountain in a backpack was carried on by the innovative efforts of one member who simply 'rolled her own'! Way to go Char!

Every weekend the 'die-hard' back-country group has been packing through deep snow in search of untracked powder trails. One of the more recent outings found a small group of the more adventurous Princeton skiers climbing up to a remote wilderness cabin at Juliette on the Coquihalla, just south of Merritt. We have had several outings in the local Asp Creek area (thanks to Edie Currie for access to this beautiful and challenging terrain on her vast ranch).

One day last week saw a group of ten (plus a six-month old Russian bear-dog pup) out for over five

hours, completing some 28-kilometres of trail. I somehow doubt that any of these members were taking advantage of the local gym last night!

A number of skiers participated in the Salmon Arm Loppett Ski Race and did well in their age categories.

The groomers have been out doing an excellent job on the trails. We appreciate the fact that they spend many hours out on the machine getting the trails in shape for the rest of us when we know they would rather be skiing themselves!

Thanks John, Rod, Pat and Kevin. The snow conditions have been great this season and should last for a month or so more.

The Club has received a substan-

tial donation of lumber from the local Weyerhaeuser Mill. This will put us even further ahead towards the reality of a public facility at the trailhead. Many thanks to Don Darel for hauling the lumber, Kevin Kunderman for unloading it and Argo Industries for storing it over the winter.

Another big 'thank you' to Argo and the crew for keeping the Snowpatch Road so well plowed and sanded throughout our season.

China Ridge has been getting many requests for used equipment, both skis and snowshoes. If anyone is starting their spring cleaning and has any they would like to donate to the Club please call (250) 295-7295 for pick up.

- submitted by Shirley Campbell



More New Beginnings curling action from last week. The plan is to have Princeton field a team in the Special Olympics. The News Leader thanks participants and Curling Club volunteers Ian and Stephanie for allowing us to see how practice was progressing. *



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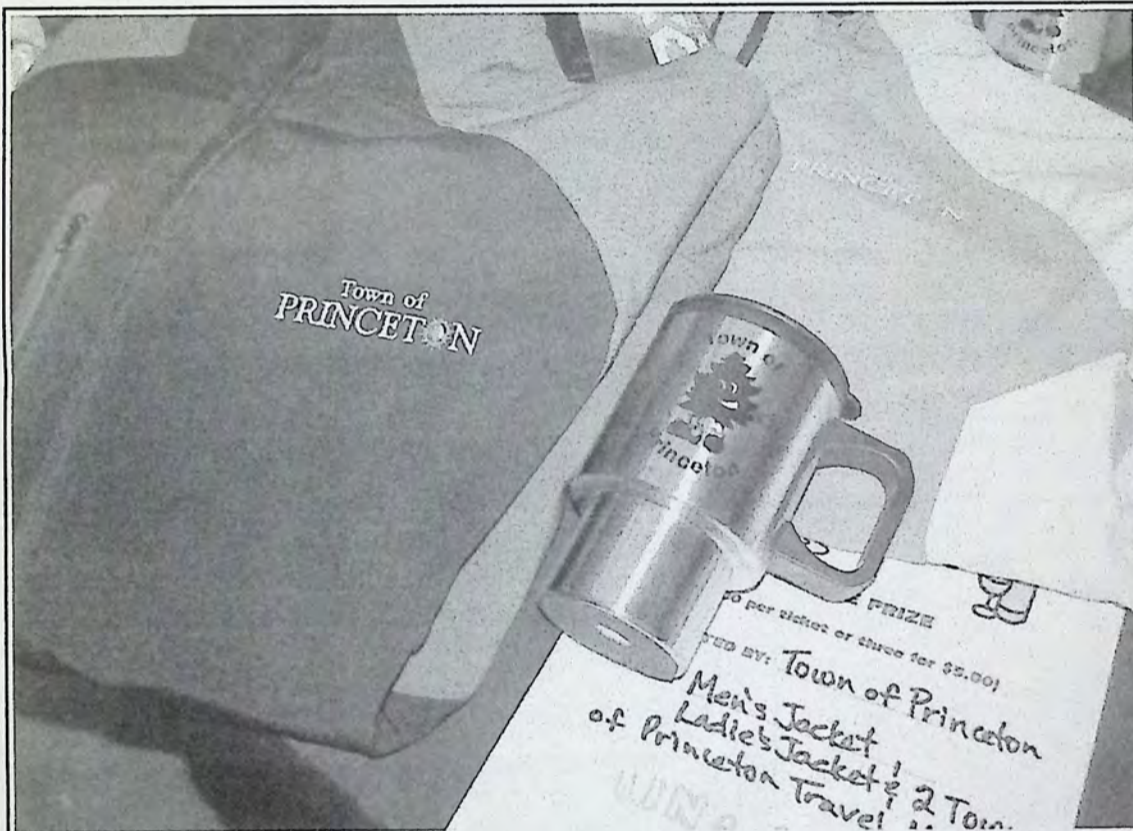
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Joe Ritlop of Keremeos represented his winery, St. Laszlo, at the Rotary Winefest. *

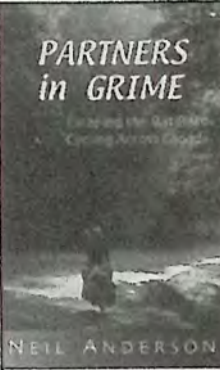


A Town of Princeton wardrobe was one of many silent auction items at Winefest February 23rd. *



George Hanson brought product from his Seven Stones Winery in Cawston to Winefest. *

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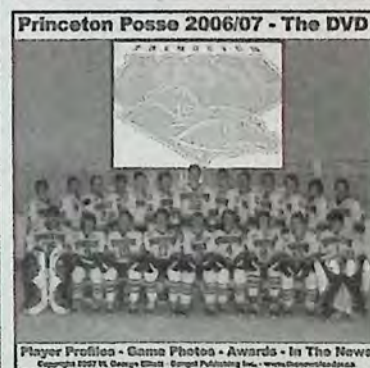
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6 AM	All-Family	News (N)	Bali (E)	Caillou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (E)	(5:30) News (N) (E)	(4:30) News (N) (E)	CBC News: Morning (N)	Erky Perky Viva Pinata	(5:00) NHL on TSN: TradeCentre '08	Canada AM (N) (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	Sports Sports	F/X: The Series (E)
7 AM	Temptation	Body	Clifford	Barney	Today Will Ferrell; the cast of "One Day at a Time"; Bitsie	The Early Show (N) (E)	American Justice	Good Morning America (N) (E)				Animalia	Grossology		I Shouldn't Be Alive	K. Possible (7:24)	CityLine (E)	MXC	Due South (E)
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			Amer. Justice		100 Huntley Street (N)	Bo On Go	Pokemon	Breaking news and analysis of deals at the NHL's 2008 trade deadline. (Live) (E)		Dirty Jobs	Weekend Lloyd	The Tyra Banks Show	Disorderly Con.	North of 60 (E)	
9 AM	Sanford	Inside Box	Berenstain	Super Why!	Tulloch. (N) (E)	The 700 Club (E)	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (N)	World Vision (E)	Super Why! Gofrette	Adrenalini George S.		Regis and Kelly	Daily Planet (E)	Feet Tigger	News (N) City	Disorderly Con.	ET Canada
10 AM	Harvey	PoPQ (E)	Franklin (E)	Sesame Street (E)		The Price Is Right (N) (E)	CSI: Miami (E)	The View (N) (E)	World Vision	Room House	Wilbur (E)	Erky Perky Jane		The View (N) (E)	Megabuilders (E)	Mickey Sprites	Movie: "An American Rhapsody" (2001) (E)	MXC	Videos
11 AM	Cosby	Playing	Rolie Polie	Big World	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan (E)	Paid Prog. Paid Prog.	Past Lives House	(10:59) News (N) (E)	Martha Stewart	Care Bears Jacob		eTalk (E)	What's That About?	Benj Bear (11:25) King		Most Amazing Videos	The Nanny
12 PM	Still Stnd	News (N) (E)	History	Charlie Rose (E)	Paid Prog. Paid Prog.	News (N) Bold & B.	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N) (E)	CBC News: Today (N)	Being Ian Grossology		Degrassi Bold & B.	How Do	(11:49) Weekend	CityLine (E)	Disorderly Con.	Seinfeld
1 PM	Fresh Pr.	Design	Planet	Paulson	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	CBC News Special (E)	George S. Viva Pinata	NHL on TSN: TradeCentre '08 (Live) (E)	Budget 2008 (Live) (E)	Dirty Jobs	Dragon Emperor	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM	King	The Steve Wilkos Show	Pan Asia	Word	Millionaire	Millionaire	Amer. Justice	General Hospital (N) (E)	Guiding Light (N) (E)	Guiding Light (N) (E)	Steven and Chris (E)	Ruby Flamingo		General Hospital (N)	How-Made	(1:48) Weekend	News (E)	Star Trek: Voyager (E)	Fresh Pr. Family Guy
3 PM	Friends	Big Screen	Blue's Clues	Maya	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Frasier Mercer	Being Ian Phantom	SportsCentre (Live) (E)	Dr. Phil (E)	Mega Builders (E)	K. Possible Replace	News (N) (E)	CSI: Crime Scn	Inside Box Vanity
4 PM	Family Guy	Judge J.	Dora	Cyberchas	Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Inside Cops (E)	Oprah Winfrey (E)	(3:59) News Global	CBC News Special (E)	SpongeBob OddParent	Hockey NHL: Ottawa Senators at Boston Bruins. (Live) (E)	Daily Show	Daily Planet (N)	Emperor Proud	Friends Hollywood	CSI: Crime Scn	That News
5 PM	Movie: "Presumed Innocent"	News (N) (E)	Bear (E)	BBC World	News (N) NBC News	News (N) CBS News	The First 48 (E)	News (N) ABC News	News (N) Global	(4:59) News (N) (E)	Simpsons Arrested	OddParent SpongeBob		News (N) (E)	How-Made	Phineas Montana	Reaper "The Cop" (E)	CSI: Crime Scn	ET Canada
6 PM	Harrison Ford. (E)	Ad Pers	World Og	News-Lehrer	News (N) Raymond	Hollywood	The First 48 (E)	News (N) (E)	ET Canada	News (N) (E)	Drake Drake	Malcolm Prank Ptrl	SportsCentre (Live) (E)	News (N) (E)	Smash Lab (N) (E)	Zoey 101 Sadie	Movie: "Elektra" (2005)	CSI: Crime Scn	Family Guy Seinfeld
7 PM	Frasier	Jeopardy!	Eden	Nova (N) (E) (DVS)	Jeopardy! Fortune	Friends Scrubs	Parking The Insider	Entertain ET Canada	The Guard (N) (E)	Entertain ET Canada	Coronatr Comedy	Malcolm Prank Ptrl		eTalk (E)	Jetstream (N) (E)	So Raven Smart Guy	Jennifer Garner. (E)	CSI: Crime Scn	Seinfeld Frasier
8 PM	Seinfeld	The Biggest Loser: Couples (N) (E)	Zarzuela Concert With Plácido Domingo (N) (E)	Wild! (E)	The Biggest Loser: Couples (N) (E)	NCIS (E)	Parking Laughs	Laughs	NCIS (E)	NCIS (E)	Mercer	Fries That? Monster		American Idol Male singers perform.	Daily Planet	Suite Life Life Derek	News (N) (8:35) News	CSI: NY "Blink" (E)	Family Guy Married...
9 PM	Movie: "Presumed Innocent"	quarterlife (N) (E)	Juan Diego Florez (E)	The History Project	quarterlife (N) (E)	Jericho (N) (E)	The First 48 (E)	Primetime: What Would	The Guard (N) (E)	News Hour Final (N)	National Falcon Beach (E)	Futurama Shadow	Premier League Poker (Taped)	Jericho (N) (E)	Jetstream	School Cory	(10:06) Movie: "Elektra" (2005)	Star Trek: Voyager (E)	Married... Fresh Pr.
10 PM	Harrison Ford. (E)	News (N) (E)	The Planets	Charlie Rose (N) (E)	News (N) Tonight	News (N) Late Show	Parking	News (N) (11:35)	Entertain ET Canada	(11:05) The Hour (E)	Mystery Ghost	SportsCentre (Live) (E)	News (N) (E)	How-Made	Suite Life Life Derek	Jennifer Garner. (E)	Deep Space 9	Frasier The Nanny	

WEDNESDAY, FEBRUARY 27, 2008

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	All-Family	News (N)	Bali (E)	Caillou (E)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (E)	(5:30) News (N) (E)	(4:30) News (N) (E)	CBC News: Morning (N)	Erky Perky Viva Pinata	SportsCentre (E)	Canada AM (N) (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	Sports Sports	F/X: The Series (E)
7 AM	Temptation	Body	Clifford	Barney	Today Courtney Cox; David Sheff; Suze Yalof Schwartz.	The Early Show (N) (E)	American Justice	Good Morning America (N) (E)				Animalia	Grossology		Man vs. Wild "Jungle"	K. Possible (7:24)	CityLine (E)	MXC	Due South (E)
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			Amer. Justice		100 Huntley Street (N)	Bo On Go	Pokemon	Breaking news and analysis of deals at the NHL's 2008 trade deadline. (Live) (E)		How-Made	Weekend Lloyd	The Tyra Banks Show	Disorderly Con.	North of 60 (E)	
9 AM	Sanford	Inside Box	Berenstain	Super Why!	Tulloch. (N) (E)	The 700 Club (E)	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (N)	World Vision (E)	Super Why! Gofrette	Adrenalini George S.		Regis and Kelly	Daily Planet (E)	Feet Tigger	News (N) City	Disorderly Con.	ET Canada
10 AM	Harvey	PoPQ (Live) (E)	Franklin Lost book.	Sesame Street (E)		The Price Is Right (N) (E)	CSI: Miami (E)	The View (N) (E)	World Vision "Voice"	Room House	Wilbur (E)	Erky Perky Jane		The View (N) (E)	Smash Lab (N)	Mickey Handy	Movie: "Josie and the Pussycats" (2001) (E)	Most Amazing Videos	Videos
11 AM	Cosby	Playing	Rolie Polie	Big World	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan (E)	Paid Prog. Paid Prog.	Past Lives House	(10:59) News (N) (E)	Martha Stewart	Care Bears Jacob		eTalk (E)	Extreme Engineering	Benj Bear (11:25) King		Most Amazing Videos	The Nanny
12 PM	Still Stnd	News (N) (E)	History	Charlie Rose (E)	Paid Prog. Paid Prog.	News (N) Bold & B.	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N) (E)	CBC News: Today (N)	Being Ian Grossology		Degrassi Bold & B.	Ultimate Ten (E)	(11:49) Weekend	CityLine (E)	Disorderly Con.	Seinfeld
1 PM	Fresh Pr.	Design	Moving On	Art Work	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living Dinner	George S. Viva Pinata	X-Games From Aspen, Colo. (Taped) (E)	Daily Show	Daily Planet (N)	Emperor Proud	Friends Hollywood	CSI: Crime Scn	TV Made
2 PM	King	The Steve Wilkos Show	Entrada	Word	Millionaire	Millionaire	Amer. Justice	General Hospital (N) (E)	Guiding Light (N) (E)	Guiding Light (N) (E)	Steven and Chris (E)	Ruby Flamingo		General Hospital (N)	Jetstream	(1:48) Weekend	News (E)	Star Trek: Voyager (E)	Fresh Pr. Family Guy
3 PM	Friends	Big Screen	Blue's Clues	Maya	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Miracles	Being Ian Creepie	Sports	Dr. Phil (E)	How-Made	K. Possible Replace	News (N) (E)	CSI: Crime Scn	Inside Box Vanity
4 PM	Family Guy	Judge J.	Dora	Cyberchas	Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Inside Cops (E)	Oprah Winfrey (E)	(3:59) News Global	Frasier	SpongeBob OddParent	Hockey NHL: Toronto Maple Leafs at Florida Panthers. (E)	Daily Show	Daily Planet (N)	Emperor Proud	Friends Hollywood	CSI: Crime Scn	Ad Pers
5 PM	Movie: "Air Force One" (1997)	News (N) (E)	Bear (E)	BBC World	News (N) NBC News	News (N) CBS News	The First 48 (E)	News (N) ABC News	News (N) Global	(4:59) News (N) (E)	Simpsons Arrested	OddParent SpongeBob		News (N) (E)	Really Big Things	Phineas Montana	Next Top Model	CSI: Crime Scn	ET Canada
6 PM	Harrison Ford, Gary Oldman.	Ad Pers	Heads Up	News-Lehrer	News (N) Raymond	Hollywood	CSI: Miami (E)	News (N) (E)	ET Canada	News (N) (E)	Drake Drake	Malcolm Prank Ptrl		News (N) (E)	Dirty Jobs	Zoey 101 Sadie	Rock of Love	UFC Unleashed	Family Guy Seinfeld
7 PM	Frasier	Jeopardy!	Sustain	Ballroom Chall	Jeopardy! Fortune	Friends Scrubs	CSI: Miami (E)	Entertain ET Canada	Friday Night Lights (E)	Entertain ET Canada	Coronatr Marketple	Malcolm Prank Ptrl	NHL Hockey: Colorado Avalanche at Vancouver Canucks. (E)	eTalk (E)	Last One Standing (N)	So Raven Smart Guy	Men in Trees (N) (E)	Pros vs. Joes	Seinfeld Frasier
8 PM	Seinfeld	Deal or No Deal (N) (E)	Discoveries	American Masters (N) (E)	Deal or No Deal (N) (E)	Big Brother: "Til Death	CSI: Miami "Nailed"	Wife Swap (N) (E)	Big Brother: "Til Death	Big Brother: "Til Death	Mosque Sophie (N)	Fries That? Monster		American Idol (N) (E)	Daily Planet	Suite Life Life Derek	News (N) (8:35) News	UFC 82 Countdown	Family Guy Married...
9 PM	Movie: "Air Force One" (1997)	Snoop Kimora	Mighty Movers (E)	Sam Cooke	Law Order: CI	Criminal Minds (E)	CSI: Miami (E)	Supernanny (N) (E)	The Office Name Earl	The Office Name Earl	fifth estate	Futurama Shadow	Sports TBA	MythBusters (E)	Really Big Things	Montana Phil	(9:06) Jimmy Kimmel	CSI: Crime Scn	Seinfeld
10 PM	Harrison Ford, Gary Oldman.	Final 24 David Koresh.	Canada's War in Colour	Paul McCartney: Space	Law & Order "Tango"	CSI: NY "Boo" (E)	CSI: Miami (E)	Men in Trees (N) (E)	Friday Night Lights (E)	News Hour Final (N)	National Falcon Beach (E)	Score Golf UEFA		Really Big Things	School Cory	(10:06) Movie: "Rock Star" (2001) Mark Wahlberg. (E)	Star Trek: Voyager (E)	Married... Fresh Pr.	
11 PM	"Rumble"	News (N) (E)	World Accrdg	Charlie Rose (N) (E)	News (N) Tonight	News (N) Late Show	CSI: Miami (E)	News (N) (11:35)	Entertain ET Canada	(11:05) The Hour (E)	Mystery Ghost	SportsCentre (Live) (E)	News (N) (E)	Last One Standing	Suite Life Life Derek	Jennifer Garner. (E)	Deep Space 9	Frasier The Nanny	

Horoscopes

February 27 - March 5, 2008

Aries - You are cheerful as you begin the week, making plans or dreaming dreams of good things for the future. Put these optimistic ideas on a vision board. Give them a chance.

Taurus - You are going to be able to be a charmer at your work this week. Just be sure you're not all charm and no effort! You have to meet financial commitments you made in December.

Gemini - This is your last week of high energy, so make the most of it. Finish projects. Steady effort will keep you centered for the next two months. Pay attention to career.

Cancer - Frustration may be simmering under the surface. What frustrates you will boil over next week if you don't start expressing your concerns in an effective manner now. Speak!

Leo - You will find others are willing to talk with you if you are willing to listen. In fact, you will find others very charming and friendly. Married men: listen to what your wife says.

Virgo - One to one interactions are easy now, but choose words carefully. Career continues to be demanding for one more week, then eases off. Health is good, work goes smoothly. Enjoy!

Libra - The urge to have fun is strong this week, but you need to focus on your job. Your health is good. Pay attention to what children say to you, take walks with pet or lover.

Scorpio - Good news comes regarding family, personal home and property. Focus on young people. This is a time romance could enter your life, but go slow. Do taxes, take care of business.

Sagittarius - You could enjoy a short trip and gain some valuable PR through friendly connections. Partner is still prickly, but this eases next week. Spend weekend at home.

Capricorn - You might be very lucky this week, and gain money, or you could be very extravagant. Unless you win a big jackpot, spend conservatively. Action centers around neighbours.

Aquarius - You can charm the bees from their honey this week. Use your charm to mend fences if needed. Focus on income, what you own, and what it is worth. Keep your head.

Pisces - Your mind is full of good thoughts this week, and you feel much healthier. Spend time in the sunshine and fresh air. Finish projects at home. Focus on the way others see you.

Regular Meetings

- Otter Valley Fish & Game Club regular meetings 3rd Saturday of month, noon, at clubhouse
- Similkameen Christian Riders meet at Dairy Queen every Wednesday evening at 6 pm for a ride. To join, show up
- Princeton Writers Group meets every second and fourth Thursday 7pm at Riverside Wellness Centre
- Hospital Auxiliary meets 2nd Monday each month at 2 pm Hospital board room
- PGH/Ridgewood Lodge Foundation meets 2nd Monday, 12:15 Hospital Boardroom
- Hedley Library open 2-7pm Thursdays
- Princeton Paintball Club meets every Sunday at 10 a.m. Contact 295-0673
- Princeton Rifle and Revolver Club meets every Thursday at 7 p.m. from October 1 to May 30 at the indoor range in the Cultural Centre. 295-6150.
- Princeton Fish & Game Club meets first Monday of month at 7 p.m. at Weyerhaeuser training building Call Ray 295-7508.
- Princeton Chamber of Commerce meets every 3rd Thursday at Chamber office 7 pm
- Legion Branch 56 meets 3rd Sunday of month 1:00 p.m. Legion Hall
- Princeton Motor Sports meets the first Tuesday of month 5:30 pm Arena Mezzanine
- Southern Cruisers Similkameen Chapter #53 meets for rides every Thursday night.
- Vermilion Trails Society meets 2nd Wednesday of the month, 7:00 PM in Chamber of Commerce meeting room.
- Princeton GSAR meets first 3 Tuesday of the month, 7:00 PM in GSAR Hall, Rocklin Avenue.
- Princeton Lions Club meets 1st and 3rd Tuesday of the month, 6:30 PM in the Chamber of Commerce meeting room.
- Course Of Miracles Group meets every Tuesday, 7:00 PM at The Anchorage on Vermilion.
- Learn How To Relax and Meditate Group meets Tuesday, 7 PM at Riverside Centre. Last Tuesday of the month will feature a Spiritual Movie.
- U'th Group 7 PM, 1st and 3rd Tuesdays, Living Water Church.
- U'th Social Night 7 PM, 2nd and 4th Fridays, Living Water Church
- Princeton Badminton Club welcomes new members. Mondays 7:30 - 9:30 PM PSS Gym
- Little Folks Nursery School Parent/Board Meetings, 3rd Wednesday of each month, 7:00 PM at the school.
- Legion Ladies Aux., second Tuesday each month, 7:00 PM, Legion.

thursday movies

MORNING

10:00 am CITY (29) ★★ ★ "The School of Rock" (2003, Comedy) Jack Black. Fired from his group and desperate for money, a guitarist poses as a teacher for students who play in a school band. (E)

EVENING

6:00 pm WTBS (3) ★★ ★ "Payback" (1999, Action) Mel Gibson. A man seeks revenge on his wife and crime partner, who shot him and left him for dead. (E)

9:00 pm WTBS (3) ★★ ★ "Payback" (1999, Action) Mel Gibson. A man seeks revenge on his wife and crime partner, who shot him and left him for dead. (E)

10:06 pm CITY (29) ★★ "Undercover Angel" (1999, Drama) Dean Winters. A struggling writer's life changes for the better when an ex-girlfriend asks him to take care of her daughter for a month. (E)

11:30 pm WTBS (3) ★★ "Loverboy" (1989, Romance-Comedy) Patrick Dempsey. A Los Angeles couple's collegiate son brings special-delivery pizza to rich older women.

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friday movies

MORNING

10:00 am CITY (29) ★★ "Undercover Angel" (1999, Drama) Dean Winters. A struggling writer's life changes for the better when an ex-girlfriend asks him to take care of her daughter for a month. (E)

AFTERNOON

5:00 pm WTBS (3) ★★ ★ "The Manchurian Candidate" (2004, Suspense) Denzel Washington. A troubled Gulf War veteran becomes suspicious after a powerful senator's son becomes a candidate for vice president. (E)

EVENING

7:30 pm FAM (26) ★★ ★ "Willy Wonka & the Chocolate Factory" (1971, Fantasy) Gene Wilder. Premiere. A poor boy and his grandfather win a tour through a wily candy-maker's marvelous factory.

9:00 pm WTBS (3) ★★ ★ "The Manchurian Candidate" (2004, Suspense) Denzel Washington. A troubled Gulf War veteran becomes suspicious after a powerful senator's son becomes a candidate for vice president. (E)

Suspense) Denzel Washington. A troubled Gulf War veteran becomes suspicious after a powerful senator's son becomes a candidate for vice president. (E)

9:10 pm FAM (26) ★★ "Going to the Mat" (2004, Drama) Andrew Lawrence. A blind teenager becomes a high-school wrestler after his family moves from New York to the Midwest.

10:06 pm CITY (29) "Young and Seductive" (2003, Adult) Julian Wells. Premiere. A woman finds intrigue while researching a book.

10:42 pm FAM (26) ★★ ★ "Sleepless in Seattle" (1993, Romance-Comedy) Tom Hanks. A Baltimore newswoman falls for a Seattle widower she hears on talk radio, thanks to his moppet son.

11:00 pm KNOW (5) "Manufactured Landscapes" (2006, Documentary) (E)

SPIKE (44) ★★ ★ "Candyman" (1992, Horror) Virginia Madsen. A professor's wife links a local legend to a Chicago serial killer fitted with a hook. (In Stereo)

Similkameen News Leader

Recipe Corner (Recipe #207)

Brought To You By: Similkameen News Leader

Grill Tilapia Fillets

WITH BROCCOLI PENNE

Preparation time: 10 minutes / Total time: 16 minutes / Servings: 2

Ingredients:

- 2 Blue Water Grill Tilapia Fillets
- 2 tbsp olive or vegetable oil
- 1 small onion, thinly sliced
- 2 cloves garlic, finely chopped
- 2 cups broccoli florets, blanched
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 4 oz. penne pasta, cooked
- 2 tbsp butter or margarine
- 2 tbsp grated Parmesan cheese
- 2 1/8 tsp crushed red pepper flakes
- Salt and pepper to taste

Directions:

Cook Blue Water's Grill Tilapia Fillets according to package directions. Meanwhile, in 10-inch skillet, heat oil over low heat. Add onion and cook for 3 minutes. Add garlic and cook 1 minute. Add broccoli, sprinkle with onion and garlic powder, and cook 2 more minutes. Toss with hot pasta, butter, cheese, and red pepper. Add salt and pepper to taste. To serve: with fork, break hot Fillets into large chunks and arrange over pasta.

Notes:

To add more zip, add more red pepper and fresh basil over the top just before serving.

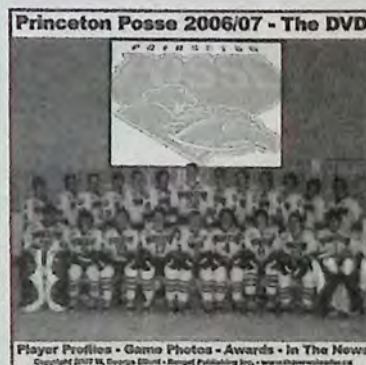
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If you have a favourite recipe you would like to share, contact us for details!

226A Bridge Street, Princeton

THURSDAY, FEBRUARY 28, 2008

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	All-Family	News (N)	Bali (E)	Caillou (EI)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (E)	(5:30) News (N) (E)	(4:30) News (N) (E)	CBC News: Morning (N)	Erky Perky Viva Pinata	SportsCentr e (E)	Canada AM (N) (E)	Daily Planet	Henry's King (E)	Rachael Ray (E)	Sports Sports	F/X: The Series (E)
7 AM	Temptation	Body	Clifford	Barney	Today "Taxi" (N) (E)	The Early Show (N) (E)	Amer. Justice	Good Morning America (N) (E)			Animalia	Grossology	SportsCentr e (E)		Canadian Geographic	K. Possible (7:24)	CityLine (E)	MXC MXC	Due South (E)
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			American Justice				Curious	Hawks	SportsCentr e (E)		Jetstream (E)	Weekend Lloyd	The Tyra Banks Show	Disorderly Con.	North of 60 "Spin Dry"
9 AM	Sanford	Inside Box	Berenstain	Super Why!		The 700 Club (E)	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (N)	Fighting for Canada	Super Why!	Adrenalini	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N) City	Disorderly Con.	ET Canada
10 AM	Harvey	PoPoQ (Live)	Franklin Harriet plays.	Sesame Street		The Price Is Right (N)	CSI: Miami (E)	The View (N) (E)	World Vision	Room	Wilbur (E)	Erky Perky	In Corner	The View (N) (E)	Really Big Things	Mickey Sprites	Movie: "The School of Rock" (2003) Jack Black.	MXC MXC	Videos
11 AM	Cosby	Playing	Rolie Polie	Big World	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan (E)	Paid Prog.	Past Lives	(10:59) News (N) (E)	Martha Stewart	Care Bears	3rd and a Mile	eTalk (E)	Megaworld: France	Benj Bear (11:25) King		Disorderly Con.	The Nanny
12 PM	Still Std	News (N)	History	Charlie Rose (E)	Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N)	CBC News: Today (N)	Being Ian	Winter X-Games From Aspen, Colo. (Taped) (E)	Degrassi	Megabuilders (E)	(11:49) Weekend	CityLine (E)	Most Amazing Videos	Seinfeld
1 PM	Fresh Pr.	Design	Planet	Simply	Days of our Lives (N)	As the World Turns (N)	Amer. Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living	George S.	Sue Thomas: F.B. Eye (General Hospital) (N)		Dirty Jobs (E)	Dragon Emperor	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM	King	The Steve Wilkos Show	Avventura	Word	Millionaire	Guiding Light (N) (E)	American Justice	General Hospital (N) (E)	Guiding Light (N) (E)	Guiding Light (N) (E)	Steven and Chris (E)	Ruby	Interruptio		Last One Standing	(1:48) Weekend	News (E)	Star Trek: Voyager (E)	Fresh Pr. Family Guy
3 PM	Friends	Big Screen	Blue's Clues	Maya	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food	Being Ian	Off-Record	Dr. Phil (E)	How-Made	K. Possible	News (N)	CSI: Crime Scn	Inside Box Vanity
4 PM	Family Guy	Judge J.	Dora	Cyberchas	Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Inside Cops (E)	Oprah Winfrey (E)	(3:59) News Global	Frasier	SpongeBob	NHL Hockey: Pittsburgh Penguins at Boston Bruins. (E)	Daily Show	Daily Planet (N)	Emperor Proud	Friends Hollywood	CSI: Crime Scn	Big Screen
5 PM	Friends	News (N)	News (N)	BBC World	News (N)	News (N)	The First 48 (E)	News (N)	News (N)	(4:59) News (N) (E)	Simpsons	Barnyard	Penguins at Boston Bruins. (E)	News (N)	Ultimate Cruise Ship	Phineas Montana	Friends Friends	CSI: Crime Scn	ET Canada
6 PM	Movie: "Payback" (1999) Mel Gibson. (E)	Ad Pers	Mentors	News-Lehrer	News (N)	News (N)	The First 48 (E)	News (N)	News (N)	ET Canada	News (N)	Drake	Hockey	News (N)	Queen Mary 2	Zoey 101 Sadie	Reaper (E)	TNA IMPACT! (N)	Family Guy Seinfeld
7 PM	Jeopardy!	Jeopardy!	Profiles of Nature (E)	NW Prof America	Jeopardy!	Friends	The First 48 (E)	Entertain The Insider	Entertain ET Canada	Big Love (N) (E)	Coronatn Project X	Malcolm Frank Ptrl	SportsCentr e (Live) (E)	eTalk (E) Hollywood	MythBuster s	So Raven Smart Guy	Murdoch Mysteries		Seinfeld Frasier
8 PM	Seinfeld	You Smarter?	Rolando Villazon	New Tricks	My Name Is Earl (E)	Survivor: Micro	American Justice	Lost "Eggtown"	Survivor: Micro	Survivor: Micro	Blue Jean Confidential	Fries That? Monster	Off-Record	American Idol (E)	Daily Planet	Suite Life Life Derek	News (N) (8:35) News	Pros vs. Joes (N)	Family Guy Married...
9 PM	Movie: "Payback" (1999) Mel Gibson. (E)	Movie	Anna Netrebko and Rolando Villazon in Paris	Great Performances (N) (E)	Cel. Apprentice	CSI: Crime Scn	The First 48 (E)	Lost "The Constant" (N)	Cel. Apprentice	Cel. Apprentice	Doc Zone: The Climb	Futurama	Motoring Motorcycle	Lost "The Constant" (N)	Dirty Jobs (E)	Montana Phil	(9:06) Jimmy Kimmel	MANswers Wild World	Seinfeld Seinfeld
10 PM	Movie: "Payback" (1999) Mel Gibson. (E)	Movie	Rolando Villazon in Paris	(10:01) Lipstick Jungle (N)	Without a Trace (E)	The First 48 (E)	(10:02) Eli Stone (N)	(10:01) Big Love "Eclipse"	News Hour Final (N)	National	Falcon Beach (E)	Poker Night (Taped)	(10:02) Eli Stone (N) (E)	Ultimate Cruise Ship	School Cory	Movie: "Undercover Angel" (1999) Dean Cain		Pros vs. Joes	Frasier The Nanny
11 PM	Frasier	News (N)	Canada's War in Colour	Charlie Rose (N) (E)	News (N)	News (N)	The First 48 (E)	News (N)	News (N)	Entertain ET Canada	(11:05) The Hour (E)	Mystery Ghost	SportsCentr e (Live) (E)	News (N)	Queen Mary 2	Suite Life Life Derek			

FRIDAY, FEBRUARY 29, 2008

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	All-Family	News (N)	Bali (E)	Caillou (EI)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (E)	(5:30) News (N) (E)	(4:30) News (N) (E)	CBC News: Morning (N)	Erky Perky Viva Pinata	SportsCentr e (E)	Canada AM (N) (E)	Daily Planet	Henry's King (E)	Rachael Ray (E)	Sports Sports	F/X: The Series (E)
7 AM	Temptation	Body	Clifford	Barney	Today The cast of "Murphy Brown." (N) (E)	The Early Show (N) (E)	American Justice	Good Morning America (N) (E)			Animalia	Grossology	SportsCentr e (E)		Sharks: Hunting Us?	K. Possible (7:24)	CityLine (E)	MXC MXC	Due South (E)
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious			American Justice				Curious	Team	SportsCentr e (E)		MythBuster s	Weekend Lloyd	The Tyra Banks Show	Disorderly Con.	North of 60 (E)
9 AM	Sanford	Inside Box	Berenstain	Super Why!		The 700 Club (E)	Cold Case Files (E)	Regis and Kelly	100 Huntley Street (N)	World Vision	Super Why!	Adrenalini	Off-Record	Regis and Kelly	Daily Planet	Feet	News (N) City	Disorderly Con.	ET Canada
10 AM	Harvey	PoPoQ (Live)	Franklin Parade float.	Sesame Street		The Price Is Right (N)	CSI: Miami (E)	The View (N) (E)	Fighting for Canada	Room	Wilbur (E)	Erky Perky	Timber	The View (N) (E)	Ultimates (E)	Mickey JoJo	Movie: "Undercover Angel" (1999) Dean Cain	MXC MXC	Videos
11 AM	Cosby	Playing	Rolie Polie	Big World	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan (E)	Paid Prog.	Past Lives	(10:59) News (N) (E)	Martha Stewart	Care Bears	3rd and a Mile	eTalk (E)	Air Dogs	Benj Bear (11:25) King		Disorderly Con.	The Nanny
12 PM	Still Std	News (N)	Gregg	Charlie Rose (E)	Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N)	CBC News: Today (N)	Being Ian	Winter X-Games From Aspen, Colo. (Taped) (E)	Degrassi	MythBuster s	(11:49) Weekend	CityLine (E)	Disorderly Con.	Seinfeld
1 PM	Fresh Pr.	Design	SportFish	Watercolor	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	Living	George S.	Sue Thomas: F.B. Eye (General Hospital) (N)		Ultimate Cruise Ship	Dragon Emperor	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
2 PM	King	The Steve Wilkos Show	Dotto Tech	Word	Millionaire	Guiding Light (N) (E)	American Justice	General Hospital (N) (E)	Guiding Light (N) (E)	Guiding Light (N) (E)	Steven and Chris (E)	Ruby	Interruptio		Queen Mary 2	(1:48) Weekend	News (E)	Star Trek: Voyager (E)	Fresh Pr. Family Guy
3 PM	Friends	Big Screen	Blue's Clues	WordGirl	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food	Being Ian	Off-Record	Dr. Phil (E)	How-Made	K. Possible	News (N)	CSI: Crime Scn	Inside Box Vanity
4 PM	Family Guy	Judge J.	Dora	Cyberchas	Judge J.	Oprah Winfrey (E)	CSI: Miami (E)	Inside Cops (E)	Oprah Winfrey (E)	(3:59) News Global	Frasier	SpongeBob	NHL Hockey: Toronto	Daily Show	Daily Planet (N)	Emperor Proud	Friends Hollywood	CSI: Crime Scn	Tribute Bands (E)
5 PM	Movie: "The Manchurian Candidate" (2004, Suspense) (E)	News (N)	Bear Fishing trip.	BBC World	News (N)	News (N)	CSI: Miami (E)	News (N)	News (N)	(4:59) News (N) (E)	Simpsons	Neutron	NHL Hockey: Toronto	News (N)	Storm Chasers (N)	Phineas Montana	Friends Friends	CSI: Crime Scn	ET Canada
6 PM	Movie: "The Manchurian Candidate" (2004, Suspense) (E)	Ad Pers	Fetch! With Creatures	News-Lehrer	News (N)	News (N)	CSI: Miami "Shattered"	News (N)	News (N)	ET Canada	News (N)	Prank Ptrl	Maple Leafs at Tampa Bay	News (N)	Bone Detectives (N)	Zoey 101 Life Derek	Stargate SG-1 (E)	Animals Attack	Family Guy Seinfeld
7 PM	Jeopardy!	Jeopardy!	Emily of New Moon	Wash Wk McLaughlin	Jeopardy!	Friends	CSI: Miami "Payback"	Entertain The Insider	Entertain ET Canada	NUMB3RS "Primacy"	Coronatn 22 Minutes	Ghost	Lightning.	eTalk (E) Hollywood	A Haunting (N)	Wizards "Willy Wonka & Chocolate"	The Collector	Most Amazing Videos	Seinfeld Frasier
8 PM	Seinfeld	Life Is Wild (E)	The Impressionists (N)	Foreign Ex NOW	Amneŝia (N) (E)	Price Is Right	The Sopranos (E)	Grey's Anatomy (N) (E)	Amneŝia (N) (E)	Amneŝia (N) (E)	Air Farce Mercer	Naruto	Avatar	Grey's Anatomy (E)	Daily Planet	News (N) Party		Disorderly Con.	Family Guy Married...
9 PM	Movie: "The Manchurian Candidate" (2004, Suspense) (E)	20/20 (N) (E)	A Long Journey Home	Bill Moyers Journal (N)	Dateline NBC (E)	Ghost Whisperer (E)	CSI: Miami "Shattered"	20/20 (N) (E)	House (PA) (E)	House (PA) (E)	iPod "The Last Shot"	Futurama	Boxing: Friday Night Fights. (Same-day Tape)	Ghost Whisperer (E)	A Haunting	(9:10) Jimmy Kimmel	(9:06) Jimmy Kimmel	MXC MXC	Seinfeld Seinfeld
10 PM	Movie: "The Manchurian Candidate" (2004, Suspense) (E)	News (N)	Genius, Photo.	Swiss Rail Journeys	NUMB3RS "Primacy"	CSI: Miami "Shattered"		NUMB3RS "Primacy"	News Hour Final (N)	National	Death Note	Gundam	Nip/Tuck (E)	Bone Detectives	Movie: "Going to the Mat" (10:42)	Movie: "Young and Seductive" (2003) Dean Cain		Game	Married... Fresh Pr.
11 PM	Movie	Guy Stuff	"Man Land"	Austin City Limits (E)	News (N)	News (N)	CSI: Miami "Payback"	News (N)	News (N)	(11:03) ECW (N) (E)	(11:05) The Hour (E)	Shadow Hawks	SportsCentr e (Live) (E)	News (N)	Storm Chasers	Movie: "Sleepless in Seattle" (2003) Dean Cain		Movie: "Candyman"	Frasier The Nanny

CARTER'S Sudoku Challenge

CREATED FOR THE NEWS LEADER BY CARTER BOSWELL

HOW TO PLAY:

Sudoku is a game of logic. There is no math involved. The object of the game is to fill the grid so that the numbers 1 through 9 appear only once in each row, column and 3 x 3 box. The numbers can appear in any order and Carter has left you some clues below.

CHALLENGE #67 - Rated Easy

			5	6			1	2
1	6	8			7			4
	3							
			3			2		
8	9	6	4			5		
5			8			1		
7	5	9			2			3
	1		9	8			6	5

CHALLENGE #68 - Rated Hard

	2	5						4
1			2					5
8			9			7		
	6	9			2			
		2	1		5	3		
			7			6	8	
		1			9			8
	7				8			5
3						1	6	

THIS WEEK'S SOLUTIONS:
Page 20

Carter's Sudoku Challenge grids, puzzles and solutions copyright 2007 Carter Boswell, Princeton, BC and published by Similkameen News Leader

saturday movies

MORNING

6:00 am SPIKE 44 ★★★ "Bram Stoker's Dracula" (1992, Horror) Gary Oldman. Premiere. The vampire count of Transylvania seeks his lost love and the conquest of Britain by plague. (In Stereo)
8:30 am WTBS 3 ★ "See Spot Run" (2001, Comedy) David Arquette. After an FBI dog takes a bite out of their boss, vengeful gangsters target the animal which lives with a goofy mailman. [E]
10:30 am WTBS 3 ★★½ "Eddie" (1996, Comedy) Whoopi Goldberg. An avid basketball fan becomes head coach after a Texas tycoon buys the New York Knicks. [E]
11:00 am A&E 9 ★★★ "Carrie" (1976, Horror) Sissy Spacek. A social misfit with psychic powers wreaks havoc at her prom, to get even with pranksters.

AFTERNOON

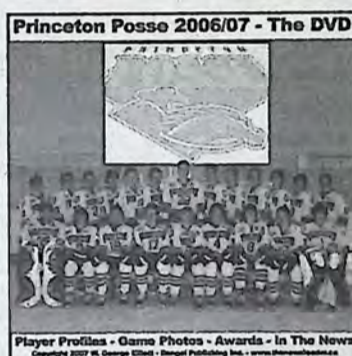
12:00 pm FAM 26 "Lenny the Wonder Dog" (2004, Adventure) Sammy Kahn. An experimental microchip gives a canine the ability to converse with humans.
12:30 pm WTBS 3 ★★½ "Simone" (2002, Comedy) Al Pacino. A filmmaker tries to fool the public by creating a computer-generated actress to star in his latest movie. [E]
1:00 pm SPIKE 44 ★★★ "Kung Fu Hustle" (2004, Action) Stephen Chow. An aspiring hoodlum gets a chance to prove his abilities when gang members hire him to spring a powerful master from an asylum. (In Stereo)
1:30 pm FAM 26 "The Penny Promise" (2001, Comedy) Scott Christopher. An honest teacher must save \$10,000 to marry his sweetheart and please her father. [E]
4:00 pm YTV 18 ★★★ "Stuart Little 2" (2002, Comedy) Geena Davis. Stuart the mouse and

Snowball the cat journey through New York City to rescue a friend from a falcon.
Spike 44 ★★★ "Kung Fu Hustle" (2004, Action) Stephen Chow. An aspiring hoodlum gets a chance to prove his abilities when gang members hire him to spring a powerful master from an asylum. (In Stereo)
5:00 pm WTBS 3 ★★★ "Interview With the Vampire" (1994, Horror) Tom Cruise. The immortal Louis tells of his life as a vampire recruited by Lestat in 1791 Louisiana.

EVENING

6:00 pm CITY 29 "Eighteen" (2004, Drama) Brendan Fletcher. Premiere. A young man forges new relationships after listening to the World War II stories of his grandfather. [E]
7:30 pm WTBS 3 ★★½ "Eight Legged Freaks" (2002, Science Fiction) David Arquette. Toxic waste produces a horde of giant spiders that terrorizes residents in a small Arizona town.
8:00 pm CHBC 4 KXLY 10 ★★★ "Seabiscuit" (2003, Drama) Tobey Maguire. A jockey, an automobile magnate and a trainer lead a racehorse to glory during the Great Depression. (In Stereo)
KREM 8 ★★★ "Secondhand Lions" (2003, Comedy-Drama) Michael Caine. In the 1960s, an urban teen stays with his rural great-uncles and listens to their fantastic tales. (In Stereo) [E]
9:00 pm FAM 26 ★★½ "The Horse Whisperer" (1998, Drama) Robert Redford. A New Yorker takes her daughter and the girl's horse, both traumatized in a terrible accident, to a Montana healer.
CITY 29 ★★½ "Fight Club" (1999, Suspense) Brad Pitt. Two young professionals create an underground club where men can compete in hand-to-hand combat. [E]

Princeton Posse 2006/07 - The DVD



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sunday movies

MORNING

7:00 am A&E 9 ★★½ "Can't Buy Me Love" (1987, Comedy) Patrick Dempsey. Premiere. A teenager pays the most popular girl in school to be his girlfriend for a month. [E]
8:30 am WTBS 3 ★★½ "Eddie" (1996, Comedy) Whoopi Goldberg. An avid basketball fan becomes head coach after a Texas tycoon buys the New York Knicks. [E]
10:30 am WTBS 3 ★★½ "Simone" (2002, Comedy) Al Pacino. A filmmaker tries to fool the public by creating a computer-generated actress to star in his latest movie. [E]

AFTERNOON

12:00 pm FAM 26 ★★ "The Babysitters Club" (1995, Drama) Schuyler Fisk. Seven girls balance the growing pains of adolescence with the demands of operating a day-care camp for children. [E]
1:00 pm WTBS 3 ★★½ "Heat" (1995, Crime Drama) Al Pacino. A wily bank robber planning retirement leaves scant clues for a Los Angeles detective with family problems.
1:34 pm FAM 26 "Go Figure" (2005, Drama) Jordan Hinson. A teenage figure skater must join the girls' hockey team to obtain a scholarship at the school of a renowned coach.

3:00 pm VTV 22 "Playing House" (2006, Romance-Comedy) Colin Ferguson. A charming man tempts a woman plunged into domesticity after a surprise pregnancy. (In Stereo) [E] (DVS)
4:00 pm YTV 18 "The Sandlot 2" (2005, Comedy) James Earl Jones. A group of baseball-playing friends must retrieve a model spaceship from a yard containing a fearsome dog. (In Stereo) [E]
5:00 pm WTBS 3 ★★★ "Mr. Holland's Opus" (1995, Drama) Richard Dreyfuss. Life steers a passionate musician away from composing and toward a teaching career. [E]
CBC 13 ★★½ "Vallant" (2005, Comedy) Voices of Ewan McGregor. Animated. A patriotic pigeon and another bird have an important assignment while serving during World War II. [E]

EVENING

6:00 pm YTV 18 ★★ "Rebound" (2005, Comedy) Martin Lawrence. Premiere. Suspended after a public outburst, a college basketball coach accepts a short-term job with a team of middle schoolers.
7:30 pm WTBS 3 ★★★ "Mr. Holland's Opus" (1995, Drama) Richard Dreyfuss. Life steers a pas-

sionate musician away from composing and toward a teaching career. [E]
8:00 pm CBC 13 "The Englishman's Boy" (2008, Drama) (Part 1 of 2) Michael Theriault. Premiere. A movie producer asks a young writer to track down a former actor. [E]
9:00 pm FAM 26 ★★ "Slappy and the Stinkers" (1998, Comedy) B.D. Wong. Second-graders save a sea lion from their principal, an animal thief, and a groundskeeper who mistakes it for an oversized gopher. [E]
10:00 pm WTBS 3 ★★ "Paulie" (1998, Comedy) Gena Rowlands. A parrot at an animal research lab tells his life story to a janitor who tries to help him escape.
10:30 pm SPIKE 44 ★★★ "A Soldier's Story" (1984, Mystery) Howard E. Rollins Jr. An Army lawyer probes the slaying of a sergeant from an all-black unit in 1944 Louisiana. (In Stereo)
10:46 pm FAM 26 ★★½ "Armageddon" (1998, Science Fiction) Bruce Willis. A NASA rep recruits an oil driller and his team of mavericks to save Earth from an oncoming asteroid.

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SATURDAY, MARCH 1, 2008

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)	
6 AM	Animal R.	Pioneers		Pocoyo	Today (N)	Paid Prog.	Private Sessions	Good Morning America	Is Written	Hunter	Doodlebop	Flamingo	SportsCentre	Kingdom	Jetstream	Overdrive	Mix TV	Disorderly Con.	That News	
6:30	Ultimate	Taste	Paddington	SeeMore		Paid Prog.			Fishful	Let's Build	Coronatn	Dewitt		Kids	Rangers				Paid Prog.	
7 AM	Stars	Design	Dora	Zula Patrol	News (N)	CBS News	Movie: "Can't Buy Me Love"	News (N)	Foodies	Canada	Coronatn	Winx Club	Reporters	Good Morning Canada	Ultimate Cruise Ship	Yin Yang	Eye on Asia	Hrseper	Ellen	
7:30	Videos	Antique	Clifford	Word		Sunday Morning (N)	(1987) Premiere.	Montana	Canada	Is Written	Coronatn	Ruby	Reporters		Queen Mary 2	Suite Life (7:20) Pucca	Eye-Asia	Hrseper	Mad Abt.	
8 AM	Videos	Vanity	George S.	Reading	Meet the Press (N)	Nation		Suite Life	News (N)	TribalTrail	Coronatn	Creepie	Speed		Queen Mary 2	Suite Life (8:43) Zoey	Festival Ital.	Hrseper	Grace	
8:30	Movie: "Eddie" (1996)	Powerboat	Magic Bus (9:07)	Mama	Dragon	College Basketball: Kentucky at Tennessee.	Parking	Paid Prog.	Hour of Power	Marriage	Coronatn	Viva Pinata	Hockey: Pond Champ.	PLAN Canada	Funnist Animals	So Raven	MLB	Xtreme 4x4	Seinfeld	
9 AM	Whoopi Goldberg.	Neighborhood	Upside	College	NHL Hockey	Basketball: Kentucky at Tennessee.	Parking	NBA Count	Driving TV	Hour of Power	From the Interior	Being Ian	Hockey: Teams to Be Announced. (Live)	Amnesty	Lost Nuke	Phil	Preseason Baseball: Cincinnati Reds at Toronto Blue Jays. (Live)	Hrseper	Fresh Pr.	
9:30	Whoopi Goldberg.	Dinner	Word	Field Guide					Listen Up	Foodies (N)	Savings Centre in Kamloops, B.C. (Live)	Drake		PLAN Canada	Ultimate Cruise Ship	Suite Life	Jays. (Live)	Hrseper	Frasier	
10 AM	Movie: "Simone" (2002) Al Pacino, Catherine Keener.	Marriage	Little Bear	European	PGA Tour Golf: Honda Classic -- Final Round. (Live)	College Basketball: Regional Coverage	Iceman Psych.	Bulls at Cleveland Cavaliers.	Hour of Power (N)	Energy TV	Centre in Kamloops, B.C. (Live)	Jordan Naked	Westminster Kennel Club Dog Show (N)	World Vsn	Ultimate Cruise Ship	School Suite Life	Movie: "The Baby-Sitters Club" (1:34)	World Poker Tour From Las Vegas.	Hrseper	Frasier
10:30	Movie: "Simone" (2002) Al Pacino, Catherine Keener.	Marriage	Little Bear	European	PGA Tour Golf: Honda Classic -- Final Round. (Live)	College Basketball: Regional Coverage	Iceman Confess	Bulls at Cleveland Cavaliers.	Hour of Power (N)	Driving TV	Centre in Kamloops, B.C. (Live)	Fries That?	W-FIVE (N)	PLAN Canada	Ultimate Cruise Ship	Suite Life	Movie: "Go Figure" (2005)	Disorderly Con.	Singing	
11 AM	Whoopi Goldberg.	Weekend	Rolie Polie (11:36)	Healthy					News (N)	PGA Tour Golf: Honda Classic -- Final Round. (Live)		Fries That?	Twice in a Lifetime	Meerkat	How-Made	Movie: "Go Figure" (2005)	Disorderly Con.	Cel. Apprentice		
11:30	Whoopi Goldberg.	Weekend	Rolie Polie (11:36)	Healthy					News (N)	PGA Tour Golf: Honda Classic -- Final Round. (Live)		Fries That?	Twice in a Lifetime	Meerkat	How-Made	Movie: "Go Figure" (2005)	Disorderly Con.	Cel. Apprentice		
12 PM	Movie: "Heat" (1995) Al Pacino, A homicide detective	To Be Announced	Heads Up Reach-Top	The Brain Fitness Program	Final Round. (Live)	College Basketball: Regional Coverage	The First 48	The First 48	News (N)	PGA Tour Golf: Honda Classic -- Final Round. (Live)		Fries That?	Twice in a Lifetime	Meerkat	How-Made	Movie: "Go Figure" (2005)	Disorderly Con.	Cel. Apprentice		
1:30	Movie: "Heat" (1995) Al Pacino, A homicide detective	To Be Announced	Heads Up Reach-Top	The Brain Fitness Program	Final Round. (Live)	College Basketball: Regional Coverage	The First 48	The First 48	News (N)	PGA Tour Golf: Honda Classic -- Final Round. (Live)		Fries That?	Twice in a Lifetime	Meerkat	How-Made	Movie: "Go Figure" (2005)	Disorderly Con.	Cel. Apprentice		
2:30	Tommy Lee: This matches wits with a cunning adversary.	Tommy Lee: This	Profiles of Nature	Treasured					News (N)	PGA Tour Golf: Honda Classic -- Final Round. (Live)		Fries That?	Twice in a Lifetime	Meerkat	How-Made	Movie: "Go Figure" (2005)	Disorderly Con.	Cel. Apprentice		
3:30	Clean House	Dora	Go Diego	Visions of Austria	Paid Prog.	Paid Prog.	The First 48	This Week With George	Simpsons	Family Guy		Adrenaline	NBA Basketball: Toronto Raptors at Charlotte Bobcats.	Movie: "Playing House" (2006) Colin Ferguson.	MythBusters	Lizzie	News (N)	Oblivious	You Smarter?	
4:30	Clean House	Zoboomafo	"Powerhouse"	Visions of Ireland	CSI: Miami "Deadline"	Extra (N)	The First 48	Matthews	Family Guy	Family Guy	Marketpic	Movie: "The Sandlot 2" (2005)	James Earl Jones.	Olympic Journey	Mayday "Fatal Flaw"	Montana	K. Possible	CSI: Crime Scn	Friends	
5:30	Movie: "Mr. Holland's Opus" (1995) Richard Dreyfuss.	News (N)	Okanagan	George S.	News (N)	CBS News	CSI: Miami	News (N)	ABC News	Global	Mysteries	Movie: "Valiant" (2005), Gerry Gervais	Movie: "Rebound" (2005)	Boxing	Mayday (N)	Sadie	CSI: Crime Scn	TV Made		
6:30	Movie: "Mr. Holland's Opus" (1995) Richard Dreyfuss.	News (N)	Okanagan	George S.	News (N)	CBS News	CSI: Miami	News (N)	ABC News	Global	Mysteries	Movie: "Rebound" (2005)	Boxing	Mayday (N)	Sadie	CSI: Crime Scn	TV Made			
7:30	Movie: "Mr. Holland's Opus" (1995) Richard Dreyfuss.	News (N)	Okanagan	George S.	News (N)	CBS News	CSI: Miami	News (N)	ABC News	Global	Mysteries	Movie: "Rebound" (2005)	Boxing	Mayday (N)	Sadie	CSI: Crime Scn	TV Made			
8:30	Movie: "Mr. Holland's Opus" (1995) Richard Dreyfuss.	News (N)	Okanagan	George S.	News (N)	CBS News	CSI: Miami	News (N)	ABC News	Global	Mysteries	Movie: "Rebound" (2005)	Boxing	Mayday (N)	Sadie	CSI: Crime Scn	TV Made			
9:30	Movie: "Mr. Holland's Opus" (1995) Richard Dreyfuss.	News (N)	Okanagan	George S.	News (N)	CBS News	CSI: Miami	News (N)	ABC News	Global	Mysteries	Movie: "Rebound" (2005)	Boxing	Mayday (N)	Sadie	CSI: Crime Scn	TV Made			
10:30	Movie: "Paulie" (1998, Comedy)	News (N)	Edge	Previews	News (N)	News (N)	CSI: Miami	News (N)	News (N)	Popoff	News	Oracle	SportsCentre (Live)	MythBusters	(10:46) Movie: "Armageddo"	Access Hollywood (N)	Movie: "A Soldier's Story" (1984)	You Smarter?		
11:30	Movie: "Paulie" (1998, Comedy)	News (N)	Edge	Previews	News (N)	News (N)	CSI: Miami	News (N)	News (N)	Popoff	News	Oracle	SportsCentre (Live)	MythBusters	(10:46) Movie: "Armageddo"	Access Hollywood (N)	Movie: "A Soldier's Story" (1984)	You Smarter?		

SUNDAY, MARCH 2, 2008

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)	
6 AM	Animal R.	Pioneers		Pocoyo	Today (N)	Paid Prog.	Private Sessions	Good Morning America	Is Written	Hunter	Doodlebop	Flamingo	SportsCentre	Kingdom	Jetstream	Overdrive	Mix TV	Disorderly Con.	That News	
6:30	Ultimate	Taste	Paddington	SeeMore		Paid Prog.			Fishful	Let's Build	Coronatn	Dewitt		Kids	Rangers				Paid Prog.	
7 AM	Stars	Design	Dora	Zula Patrol	News (N)	CBS News	Movie: "Can't Buy Me Love"	News (N)	Foodies	Canada	Coronatn	Winx Club	Reporters	Good Morning Canada	Ultimate Cruise Ship	Yin Yang	Eye on Asia	Hrseper	Ellen	
7:30	Videos	Antique	Clifford	Word		Sunday Morning (N)	(1987) Premiere.	Montana	Canada	Is Written	Coronatn	Ruby	Reporters		Queen Mary 2	Suite Life (7:20) Pucca	Eye-Asia	Hrseper	Mad Abt.	
8 AM	Videos	Vanity	George S.	Reading	Meet the Press (N)	Nation		Suite Life	News (N)	TribalTrail	Coronatn	Creepie	Speed		Queen Mary 2	Suite Life (8:43) Zoey	Festival Ital.	Hrseper	Grace	
8:30	Movie: "Eddie" (1996)	Powerboat	Magic Bus (9:07)	Mama	Dragon	College Basketball: Kentucky at Tennessee.	Parking	Paid Prog.	Hour of Power	Marriage	Coronatn	Viva Pinata	Hockey: Pond Champ.	PLAN Canada	Funnist Animals	So Raven	MLB	Xtreme 4x4	Seinfeld	
9 AM	Whoopi Goldberg.	Neighborhood	Upside	College	NHL Hockey	Basketball: Kentucky at Tennessee.	Parking	NBA Count	Driving TV	Hour of Power	From the Interior	Being Ian	Hockey: Teams to Be Announced. (Live)	Amnesty	Lost Nuke	Phil	Preseason Baseball: Cincinnati Reds at Toronto Blue Jays. (Live)	Hrseper	Fresh Pr.	
9:30	Whoopi Goldberg.	Dinner	Word	Field Guide					Listen Up	Foodies (N)	Savings Centre in Kamloops, B.C. (Live)	Drake		PLAN Canada	Ultimate Cruise Ship	Suite Life	Jays. (Live)	Hrseper	Frasier	
10 AM	Movie: "Simone" (2002) Al Pacino, Catherine Keener.	Marriage	Little Bear	European	PGA Tour Golf: Honda Classic -- Final Round. (Live)	College Basketball: Regional Coverage	Iceman Psych.	Bulls at Cleveland Cavaliers.	Hour of Power (N)	Energy TV	Centre in Kamloops, B.C. (Live)	Jordan Naked	Westminster Kennel Club Dog Show (N)	World Vsn	Ultimate Cruise Ship	School Suite Life	Movie: "The Baby-Sitters Club" (1:34)	World Poker Tour From Las Vegas.	Hrseper	Frasier
10:30	Movie: "Simone" (2002) Al Pacino, Catherine Keener.	Marriage	Little Bear	European	PGA Tour Golf: Honda Classic -- Final Round. (Live)	College Basketball: Regional Coverage	Iceman Confess	Bulls at Cleveland Cavaliers.	Hour of Power (N)	Driving TV	Centre in Kamloops, B.C. (Live)	Fries That?	W-FIVE (N)	PLAN Canada	Ultimate Cruise Ship	Suite Life	Movie: "Go Figure" (2005)	Disorderly Con.	Singing	
11 AM	Whoopi Goldberg.	Weekend	Rolie Polie (11:36)	Healthy					News (N)	PGA Tour Golf: Honda Classic -- Final Round. (Live)		Fries That?	Twice in a Lifetime	Meerkat	How-Made	Movie: "Go Figure" (2005)	Disorderly Con.	Cel. Apprentice		
11:30	Whoopi Goldberg.	Weekend	Rolie Polie (11:36)	Healthy					News (N)	PGA Tour Golf: Honda Classic -- Final Round. (Live)		Fries That?	Twice in a Lifetime	Meerkat	How-Made	Movie: "Go Figure" (2005)	Disorderly Con.	Cel. Apprentice		
12 PM	Movie: "Heat" (1995) Al Pacino, A homicide detective	To Be Announced	Heads Up Reach-Top	The Brain Fitness Program	Final Round. (Live)	College Basketball: Regional Coverage	The First 48	The First 48	News (N)	PGA Tour Golf: Honda Classic -- Final Round. (Live)		Fries That?	Twice in a Lifetime	Meerkat	How-Made	Movie: "Go Figure" (2005)	Disorderly Con.	Cel. Apprentice		
1:30	Tommy Lee: This matches wits with a cunning adversary.	Tommy Lee: This	Profiles of Nature	Treasured					News (N)	PGA Tour Golf: Honda Classic -- Final Round. (Live)		Fries That?	Twice in a Lifetime	Meerkat	How-Made	Movie: "Go Figure" (2005)	Disorderly Con.	Cel. Apprentice		
2:30	Clean House	Dora	Go Diego	Visions of Austria	Paid Prog.	Paid Prog.	The First 48	This Week With George	Simpsons	Family Guy		Adrenaline	NBA Basketball: Toronto Raptors at Charlotte Bobcats.	Movie: "Playing House" (2006) Colin Ferguson.	MythBusters	Lizzie	News (N)	Oblivious	You Smarter?	
3:30	Clean House	Zoboomafo	"Powerhouse"	Visions of Ireland	CSI: Miami "Deadline"	Extra (N)	The First 48	Matthews	Family Guy	Family Guy	Marketpic	Movie: "The Sandlot 2" (2005)	James Earl Jones.	Olympic Journey	Mayday "Fatal Flaw"	Montana	K. Possible	CSI: Crime Scn	Friends	
4:30	Movie: "Mr. Holland's Opus" (1995) Richard Dreyfuss.	News (N)	Okanagan	George S.	News (N)	CBS News	CSI: Miami	News (N)	ABC News	Global	Mysteries	Movie: "Valiant" (2005), Gerry Gervais	Movie: "Rebound" (2005)	Boxing	Mayday (N)	Sadie	CSI: Crime Scn	TV Made		
5:30	Movie: "Mr. Holland's Opus" (1995) Richard Dreyfuss.	News (N)	Okanagan	George S.	News (N)	CBS News	CSI: Miami	News (N)	ABC News	Global	Mysteries	Movie: "Rebound" (2005)	Boxing	Mayday (N)	Sadie	CSI: Crime Scn	TV Made			
6:30	Movie: "Mr. Holland's Opus" (1995) Richard Dreyfuss.	News (N)	Okanagan	George S.	News (N)	CBS News	CSI: Miami	News (N)	ABC News	Global	Mysteries	Movie: "Rebound" (2005)	Boxing	Mayday (N)	Sadie	CSI: Crime Scn	TV Made			
7:30	Movie: "Mr. Holland's Opus" (1995) Richard Dreyfuss.	News (N)	Okanagan	George S.	News (N)	CBS News	CSI: Miami	News (N)	ABC News	Global	Mysteries	Movie: "Rebound" (2005)	Boxing	Mayday (N)	Sadie	CSI: Crime Scn	TV Made			
8:30	Movie: "Mr. Holland's Opus" (1995) Richard Dreyfuss.	News (N)	Okanagan	George S.	News (N)	CBS News	CSI: Miami	News (N)	ABC News	Global	Mysteries	Movie: "Rebound" (2005)	Boxing	Mayday (N)	Sadie	CSI: Crime Scn	TV Made			
9:30	Movie: "Mr. Holland's Opus" (1995) Richard Dreyfuss.	News (N)	Okanagan	George S.	News (N)	CBS News	CSI: Miami	News (N)	ABC News	Global	Mysteries	Movie: "Rebound" (2005)	Boxing	Mayday (N)	Sadie	CSI: Crime Scn	TV Made			
10:30	Movie: "Paulie" (1998, Comedy)	News (N)	Edge	Previews	News (N)	News (N)	CSI: Miami	News (N)	News (N)	Popoff	News	Oracle	SportsCentre (Live)	MythBusters	(10:46) Movie: "Armageddo"	Access Hollywood (N)	Movie: "A Soldier's Story" (1984)	You Smarter?		
11:30	Movie: "Paulie" (1998, Comedy)	News (N)	Edge	Previews	News (N)	News (N)	CSI: Miami	News (N)	News (N)	Popoff	News	Oracle	SportsCentre (Live)	MythBusters	(10:46) Movie: "Armageddo"	Access Hollywood (N)	Movie: "A Soldier's Story" (1984)	You Smarter?		

MONDAY, MARCH 3, 2008

	WTBS (3)	CHBC (4)	KNOW (5)	KSPS (6)	KHQ (7)	KREM (8)	A&E (9)	KXLY (10)	BCTV (11)	CITY (12)	CBC (13)	YTV (18)	TSN (19)	VTV (22)	DISC (24)	FAM (26)	CITY (29)	SPIKE (44)	TROP (45)
6 AM	All-Family	News (N)	Bali (E)	Caillou (EI)	News (N)	News (N)	Crossing Jordan (E)	(5:00) News (E)	(5:30) News (N) (E)	(4:30) News (N) (E)	CBC News: Morning (N)	Erky Perky Viva Pinata (E)	SportsCentre (E)	Canada AM (N) (E)	Daily Planet (E)	Henry's King (E)	Rachael Ray (E)	Sports (E)	F/X: The Series (E)
6:30 AM	All-Family	2nd Chnce	George S.	Bob Bull	(E)														
7 AM	Temptation	Body	Clifford	Barney	Today (N) (E)	The Early Show (N) (E)	American Justice	Good Morning America (N) (E)											
7:30 AM	Temptation	Past Lives	Dora	Arthur (EI)															
8 AM	Jeffersons	Room	(7:54) Hi-5	Curious															
8:30 AM	Jeffersons	Vanity	Magic Bus	Clifford															
9 AM	Sanford	Inside Box	Berenstain	Super Why!															
9:30 AM	Sanford	Antique	(9:34)	Dragon															
10 AM	Harvey	PoPQ (Live)	Franklin (E)	Sesame Street (EI)															
10:30 AM	Harvey																		
11 AM	Cosby	Playing	Rolie Polie	Big World	Ellen DeGeneres Show	Young and the Restless	Crossing Jordan (E)	Paid Prog.	Past Lives	(10:59) News (N) (E)	Martha Stewart	Care Bears	State Classic	eTalk (E)	Greatest Gunfight	Benj Bear (11:25) King	Movie: "The Engagement Ring" (2005) (E)	Disorderly Con.	The Nanny
11:30 AM	Cosby	Homes	Pancakes	Sit-Be Fit															
12 PM	Still Std	News (N)	History	Charlie Rose (E)	Paid Prog.	News (N)	Crossing Jordan (E)	All My Children (N) (E)	News (N) (E)	Days of our Lives (N)	News (E)	Being Ian	Boxing	Degrassi	Ultimates	(11:49) Weekend	CityLine (E)	Disorderly Con.	Seinfeld
12:30 PM	Still Std		Reach-Top																
1 PM	Fresh Pr.	Design	Beyond the Blues	Fine Art Sewing	Days of our Lives (N)	As the World Turns (N)	American Justice	One Life to Live (N)	As the World Turns (N)	As the World Turns (N)	News (E)	George S.	Winter X-Games From Aspen, Colo. (Taped)	Sue Thomas: F.B. Eye	Extreme Engineering	Dragon Emperor	Ellen DeGeneres Show	Star Trek: Voyager (E)	Beverly Hills, 90210
1:30 PM	Fresh Pr.	Vanity																	
2 PM	King	The Steve Wilkos Show	MacPhee	Word Moving On	Millionaire	Guiding Light (N) (E)	American Justice	General Hospital (N) (E)	Guiding Light (N) (E)	Guiding Light (N) (E)	Steven and Chris (E)	Ruby	Interruption	General Hospital (N)	How-Made	(1:48) Weekend	News (E)	Star Trek: Voyager (E)	Fresh Pr. Family Guy
2:30 PM	King																		
3 PM	Friends	Big Screen	Blue's Clues (E)	Maya Arthur (EI)	Judge	Dr. Phil (E)	Cold Case Files (E)	Rachael Ray (E)	Young and the Restless	Young and the Restless	Food Miracles	Being Ian	Off-Record Sports	Dr. Phil (E)	Worst Handyman	K. Possible Replace	News (N)	CSI: Crime Scn	Inside Box Vanity
3:30 PM	Seinfeld	Daily 10																	
4 PM	Family Guy	Judge J.	Dora	Cyberchas	Judge J.	Oprah Winfrey (E)	CSI: Miami "Hard Time"	Inside Cops (E)	Oprah Winfrey (E)	(3:59) News Global	Frasier	SpongeBob	NHL Hockey: Boston	Friends	Daily Planet (N) (E)	Emperor Proud	Friends	CSI: Crime Scn	Tube Tales
4:30 PM	Family Guy	Judge J.	(4:35) Little Bear (E)	Fetch! With Judge J.															
5 PM	Friends	News (N)	BBC World	News (N)	News (N)	News (N)	Intervention Follow-up.	News (N)	News (N)	(4:59) News (N) (E)	Simpsons	OddParent	Bruins at Washington Capitals. (E)	News (N)	MythBusters (E)	Suite Life Montana	My Dad-Better	CSI: Crime Scn	ET Canada
5:30 PM	Friends		(5:35) Business	NBC News	CBS News			ABC News	Global		Arrested	SpongeBob							
6 PM	Movie: "Bad Boys" (1995)	Ad Pers	Saddle	News-Lehrer	News (N)	News (N)	Intervention (E)	News (N)	News (N)	ET Canada	News (N)	Drake		News (N)	Guinea Pig Mean	Zoey 101	Pussycat Dolls	Movie: "Predator" (1987)	Family Guy
6:30 PM	Movie: "Bad Boys" (1995)	News	renegade		Raymond	Hollywood		News (N)		Entertain		iCarly (E)	Hockey						
7 PM	Martin Lawrence.	E! News	Edge	Happiness Prescription	Jeopardy!	Billy Graham Special	Paranormal	Entertain	Entertain	Movie: "Mr. & Mrs. Smith" (2005) Brad Pitt, Angelina Jolie. Premiere. (E)	Songwriters	Malcolm	SportsCentre (Live) (E)	eTalk (E)	Dirty Jobs (N)	So Raven	Friends	Friends	Seinfeld
7:30 PM	Martin Lawrence.	Jeopardy!	History		Fortune			The Insider	ET Canada			Frank Ptl		Degrassi		Smart Guy	Friends	Schwarzenegger.	Frasier
8 PM	Seinfeld	The Royal Family (N) (E)	Childhood Lost	My Music: Doo Wop Love Songs	My Dad-Better	How I Met My Captain	The First 48 (E)	The Royal Family (N) (E)	Movie: "Mr. & Mrs. Smith" (2005) Brad Pitt, Angelina Jolie. Premiere. (E)	Week Women	Fries That? Adrenaline	The Border (N)	Boxing (E)	Terminator: The Sarah Connor Chronicles (N)	Daily Planet (E)	Suite Life Life Derek	News (N)	(8:35) News	CSI: Crime Scn
8:30 PM	Frasier																		
9 PM	Movie: "Bad Boys" (1995)		Movie: "My Architect" (2003) Sue Ann Kahn.		Deal or No Deal (N)	Two Men Christine	Intervention Follow-up.							Guinea Pig Mean	Montana	Phil	(9:06) Jimmy Kimmel	Star Trek: Voyager (E)	Seinfeld
9:30 PM	Movie: "Bad Boys" (1995)																		
10 PM	Martin Lawrence.	Genie Awards (E)		Previews	Medium "Aftertaste" (N)	CSI: Miami (E)	Intervention (E)	October Road (N) (E)	News Hour Final (N) (E)	News Hour Final (N) (E)	National	Falcon Beach (E)		Medium "Aftertaste" (N)	Dirty Jobs	School Cory	Movie: "Femme Fatale" (2002, Suspense)	Deep Space 9	Fresh Pr. Frasier
10:30 PM	Martin Lawrence.																		
11 PM	Frasier	News (N)	Profiles of Nature (E)	Charlie Rose (N) (E)	News (N)	News (N)	Paranormal	News (N)	News (N)	Entertain	(11:05) The Hour (E)	Mystery	SportsCentre (Live) (E)	News (N)	MythBusters (E)	Suite Life Life Derek		7 Days	The Nanny
11:30 PM	Movie	Guy Stuff			Tonight	Late Show	Paranormal	(11:35)		ET Canada		Ghost		News (N)					

monday movies

MORNING

10:00 am CITY (29) ★★½ "The Engagement Ring" (2005, Romance) Patricia Heaton. A woman wants her mother to reunite with her former love so they can agree to merge two California vineyards. (E)

EVENING

6:00 pm WTBS (3) ★★ "Bad Boys" (1995, Action) Martin Lawrence. Undercover Miami detectives switch lives while investigating murders linked to stolen heroin.
 SPIKE (44) ★★½ "Predator" (1987, Science Fiction) Arnold Schwarzenegger. A sneaky alien monster attacks commandos on a jungle mission in South America. (In Stereo)
 7:00 pm CITY (12) ★★½ "Mr. & Mrs. Smith" (2005, Action) Brad Pitt.

Premiere. A husband and wife are unaware that each is an international assassin who has just been assigned to kill the other. (E)
 8:00 pm BCTV (11) ★★½ "Mr. & Mrs. Smith" (2005, Action) Brad Pitt. Premiere. A husband and wife are unaware that each is an international assassin who has just been assigned to kill the other. (E)
 9:00 pm WTBS (3) ★★ "Bad Boys" (1995, Action) Martin Lawrence. Undercover Miami detectives switch lives while investigating murders linked to stolen heroin.
 KNOW (5) ★★ "My Architect" (2003, Documentary) Sue Ann Kahn. Premiere. Filmmaker Nathaniel Kahn embarks on a quest to understand the work of architect Louis Kahn, his late father. (E)

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Newly renovated 3-bedroom, 2-bath home, 6 appliances, HE furnace, rec room with gas fireplace, no pets, non-smoking. References required. \$825.00/month + utilities. Call Christine (250) 295-7217 or Marie (250) 493-6522. 15 Feb 26

Bachelor suite for rent in downtown Princeton. \$350.00 per month including utilities. Need excellent references, etc and be very quiet. Damage deposit required. No pets. Phone (604) 484-2783 and leave a message. 7m

Office space for rent. Approximately 850 square feet, located in the north end of the Village of Keremeos office. For further details or an appointment to view, call (250) 499-2711. Feb 12-26

1-bedroom home in Allison Flats area. \$450.00/month. Apply at RE/MAX country, 240 Bridge Street, Princeton. Feb 19-26

2,500 sq ft for lease. Zoned C2, on-site parking, lots of windows, single wash-room, perfect for retail. Located in high traffic location downtown on Bridge Street. Available immediately. Call Lee Mowry at (250) 295-1990. Feb 19-26

Apartments for rent. 1-bedroom and 2-bedroom. Call (250) 295-6611. Feb 26-Mar 11

Three bedroom, 2 bath family townhouses with enclosed yards available at Aspen Court for qualified applicants. BC housing offers affordable rents based upon 30% of your gross income. Please contact Princeton & District Community Services at (250) 295-6666 for application and information. Feb 26-Mar 11

For Rent/For Lease. Office space ideal for small business. View at 117 Vermilion Avenue (rear entrance) or call (250) 295-6611. Feb 26-Mar 11

WANTED TO RENT: 3-bedroom home with fenced yard for working mom of 2 with house-trained puppy (will provide pet deposit). Call (250) 863-9863 and leave a message or call (250) 295-4370. Feb 26-Mar 11

Belly Dancing Classes with Linnea Cappos

Will begin on Tuesday, March 11 at 6:30 PM
In the Christian Education Building. Cost: \$10.00 a lesson.
For information or registration phone Ruby at (250) 295-3273.

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Apr 29

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for sale

Side by side fridge/freezer. 2-years old, excellent condition. Self defrost, on wheels. Paid \$1,400.00 will sell for \$700.00 FIRM. Call (250) 295-3683 or 6717. Feb 26-Mar 11

help wanted

help wanted

for sale

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"The Belaire" is actively seeking potential staff for employment. Kitchen and serving staff is required.

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All resumes will be kept strictly confidential and we will contact you for further information or follow-up.

Thank you in advance for your interest in being part of our team. - Doug & Debbie Willis

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Grandpa built Captain's bed - 6 full width drawers - clean mattress - ideal for small bedroom or cabin. \$150.00. Phone (250) 295-3669. Feb 19-Mar 04

Fertilizer spreader. 2-point hitch. 3 1/2 feet in diameter, in good working condition. Asking \$750.00. 3-point hitch John Deere snow plow, 6-foot. Asking \$500.00. Call (250) 295-7692. Feb 26-Mar 11

Washer/dryer combo. Suitable for small home or apartment. Asking \$150.00. View at News Leader office. 2m

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Shirl Rorvik

I am ready to meet my maker but whether my maker is prepared for the great ordeal of meeting me is another matter - Winston Churchill

It is with much sadness that we announce the unexpected passing of our Mum, Grandma, Aunt, sister, friend and wife Shirl Rorvik (nee Topper) on February 19th 2008 at Langley Memorial Hospital at the age of 66. (She'll be mad we told you her age)

Shirl will be remembered by her "say it as it is" approach to life, to which she lived to its absolute fullest. Never a day went by that she wasn't redecorating her home, preparing picture albums for her grandkids (without digital photos!), enjoying life with her girlfriends (and beating them at poker), golfing, bowling or searching for a bargain to travel where the weather is better.

She is survived by her husband of 48 years John Peter, her sons Randy (Angie), Russell (Brenda) and Chris (Aline); grandsons Malcolm, Dawson, Jared, Conner and granddaughter Melina; and her brothers Ken, Raymond, Doug and twins Barry and David.

Born and raised in Abbotsford, she and John Peter raised their sons in Princeton then moved closer to work and prepared to enjoy retirement in Langley.

Her incredible wit and humorous sarcasm will be greatly missed by everyone who knew her. If you shed a tear for her, she would rather it be the same tear you have shed with her before, laughing over some great joke, nearly wetting your pants.

"Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, watermelon in one hand, red wine in the other, body thoroughly used up, totally worn out and screaming "WOO HOO what a ride!"

In lieu of flowers, please make a donation to a children's charity of your choice in Shirl's name.



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SOLUTIONS TO PUZZLES ON PAGE 16

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947 563 812
 168 297 354
 235 148 679
 471 356 298
 896 421 537
 523 879 146
 684 735 921
 759 612 483
 312 984 765

CHALLENGE #68 - Hard

625 873 914
 197 246 853
 834 951 726
 769 382 541
 482 165 397
 513 794 682
 251 639 478
 976 418 235
 348 527 169

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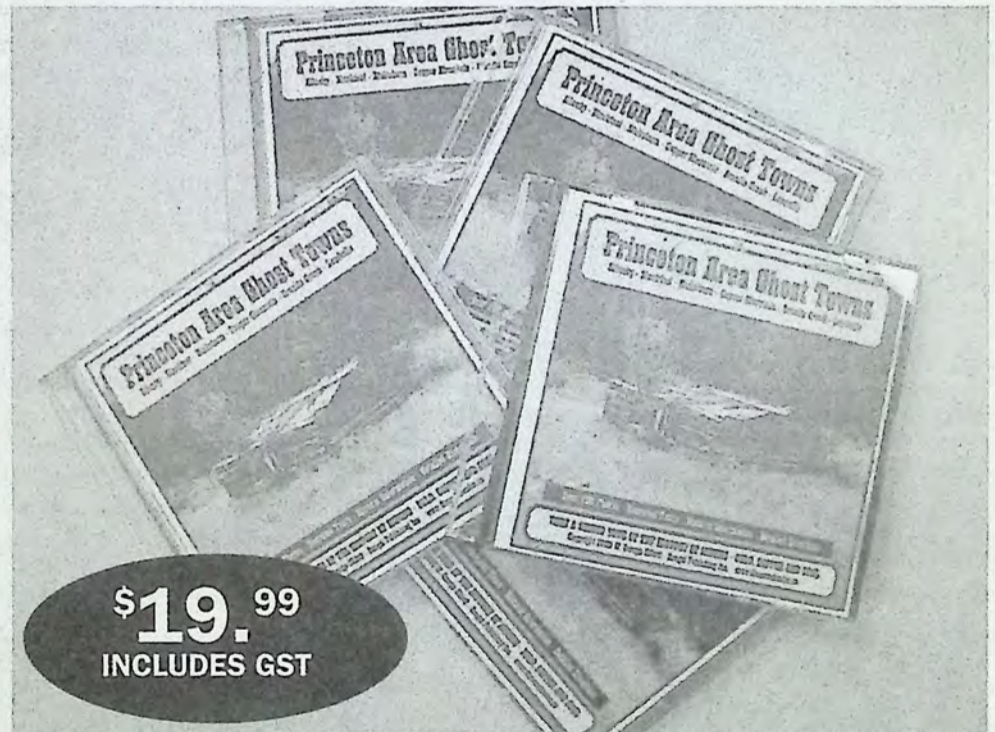
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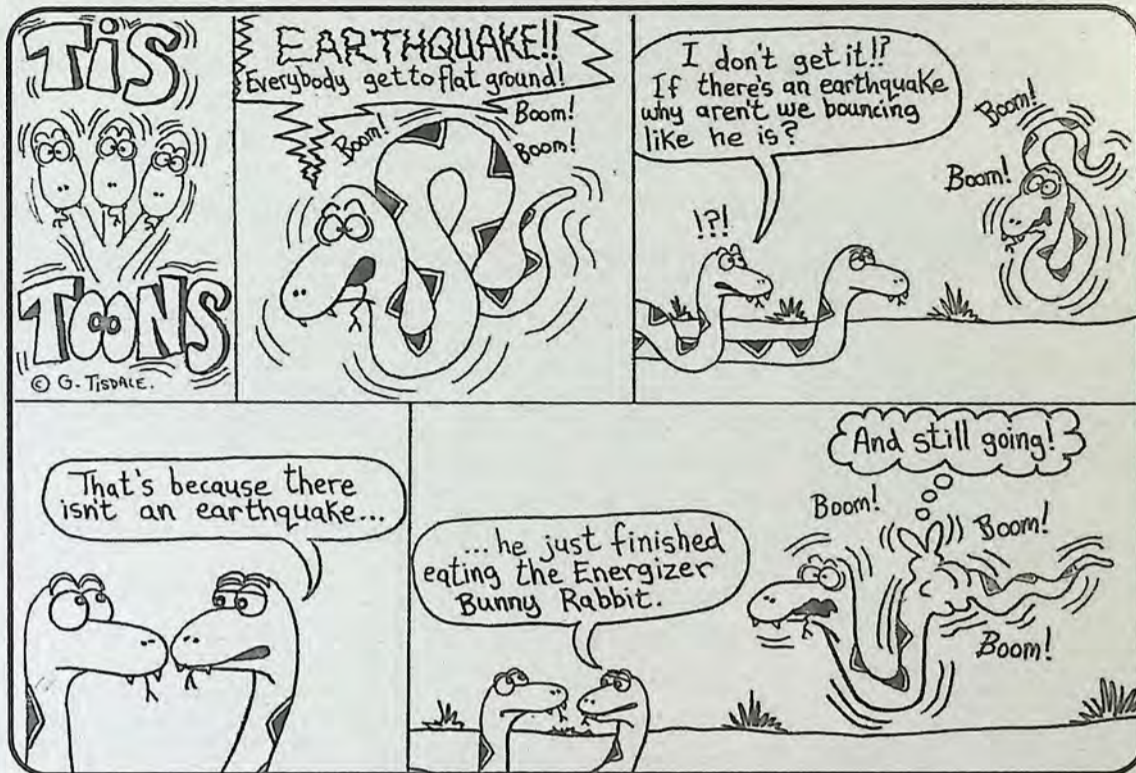
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my turn

No use fighting the Gas War

So the price of gas has gone up again. Just when I was finally getting used to what little gas I could buy at \$1.06.9 I now have a new price to warm up to. How I miss the old days, about a year ago, when I paid 98.9 and whined about that. How I miss the older days, about two years ago, when I paid 88.9 and whined about that. Come to think of it, it must have been the real old days, about three years ago, when I paid 78.9 and whined about that. I keep hearing about a battery-operated car and the hydrogen-powered car and the one that runs on bear grease and the one that runs on water and the one that runs on air and the one that runs on kitchen scraps and the one that runs on Smarties and the one that runs on whatever else hasn't been exploited already. I keep hearing about them, but I still haven't seen George Jetson zip by me on Highway 3 and thumbing his nose at me because his vehicle is more efficient than mine. Still, I contribute to my carbon footprint buy driving that gas-guzzling Aveo, which, by the way, gets no less than 600-kilometres to a full tank of gas, which – up until last week – cost in the neighbourhood of \$30.00.

I fill the tank once a week. Or I used to. Now I just top it up, put about twenty bucks in at a time. I get enough mileage out of it I don't worry about keeping the tank full anymore. But I do think the Summer of '08 will be remembered as the summer we all paid \$1.45.9 at the pump and longed for the good old days of early 2008 when the price was only \$1.06.9 and we all whined about it. And why is it we don't see those alternative fuel vehicles filling up the showrooms in Penticton and Merritt? Simple. The big oil companies aren't ready to loosen their grip on our wallets. I'm thinking it's time to reexamine the plan of creating a vehicle that ran on cow manure. Area H would be a great place to test market the product, as there would be a variety of fuel grades to choose from. The grain-fed cows would be producing the high-grade fuel with alfalfa-fed cattle responsible for mid-grade quality and the lower end fuel would be from grass-fed stock. I've already got the slogan: Stop buying crappy fuel when you can get the real deal! So maybe the cow manure car is a bit ahead of it's time, but don't tell me you won't be thinking about it the next time you fuel up!



your turn

Do we need this park?

Letter to Editor;

Accountability is all-important particularly when it relates to our unelected Senator. Clear proof was mailed to residents of the Southern Interior late last week.

Liberal Senator Ross Fitzpatrick, in the last days of his term, used the official emblem of the Senate on the outside of a large (unstamped) brown envelope containing his biased one-sided promotion of the National Park Reserve proposed for the South Okanagan and Similkameen Valleys.

Using the resources of an official office to promote an individual's personal aspirations violates the democratic and moral standards Canadians expect from government.

When Fitzpatrick refers privately to the proposal as "his park" it removes all doubt that his desire to establish a National Park is based more on his personal legacy than the results of what should be an objective feasibility study.

Further proof of his bias in promoting his views is found in the text where he limits the challenges to a park to "impacts to some trapping, hunting, and ranching opportunities." He completely ignores the loss of ALR lands associated with heritage ranches, the loss of Canadian Helicopters training school and subsequent impact on the Penticton Airport, the added risk of catastrophic wildfire on family homes on the interface, and the huge impacts to traditional recreational areas. He further ignores the consensus-

based Provincial Land and Resource Management Plan which has already protected a good portion of the proposed area. Fitzpatrick's abuse of government privileges will only result in tearing our communities apart and in so doing undermine Canadian's trust in a process that we all pay for and all deserve to have respect-

Letter To The Editor

Johnson questions IHA

Dear Editor;

In my question to Interior Health Authority regarding to what has happened to the equipment donated to Princeton General Hospital I received the following reply from Lorraine Ferguson, Health Services Administrator South Okanagan:

"In your letter to Murray Ramsden dated January 24, 2008, you questioned where the equipment that was donated to Princeton Hospital went. The equipment at Princeton Hospital remains at Princeton Hospital. Interior Health's policy in donated equipment stipulates that before that equipment can be taken to another location, the donating body must be asked their permission to use the equipment elsewhere."

So the equipment donated in good faith by Princeton Organizations and citizens' lies idle somewhere at Princeton General Hospital. The Provincial Government with the help of Interior Health is responsible for this. Princeton had an excellent hospi-

ed.

- Mark Quaedvlieg, Southern Interior Stockmen, Keremeos
- Jan Rustad, Canadian Helicopters, Penticton
- Greg Norton, interface resident, Oliver
- Joan McKay, BC Wildlife Federation, Okanagan Region, OK Falls

tal before they dismantled it. Instead of downsizing Princeton General Hospital it should be expanded and upgraded so Princeton citizens wouldn't have to travel to other cities for medical needs, this causes stress and extra expenses and is particularly hard on seniors and people on fixed incomes.

It seems that all BC hospitals are understaffed and under funded yet the Gordon Campbell government can spend millions of dollars on the 2010 Olympics.

These Olympics will not benefit the ordinary citizen they will just make the rich richer. BC citizens will be paying for years to come for these Olympics. I understand that Montreal has just paid off the debt that city accrued from the 1960's Olympics.

Sincerely,
- Isabella Johnson, Princeton

EDITORIAL GUIDE

We would like you to write to us, but please remember to abide by anti-discrimination laws. The News Leader reserves the right to refuse to print any letter which is not signed by the writer or is slanderous, libelous or of uncommon sense! The Editor reserves the right to condense any letter or to substitute proper language for improper language.

Similkameen News Leader

ISSN 1712-090X

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Published weekly by Bengel Publishing Inc.
226A Bridge Street, P.O. Box 956,
Princeton, B.C., V0X 1W0
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We acknowledge the financial support of the Government of Canada through the Publications Assistance Program towards our mailing costs.

Publisher:
Office Administrator:
Reporter:

George Elliott
Brenda Engel
Dawn Johnson

MORE LETTERS ON PAGE 24

Current Comment:

Ladies: Look before leaping



Dawn Johnson
editor@thenewsleader.ca

This is leap year, the year when impatient women can propose marriage to men who seem to be dawdling.

Don't get me wrong - I have nothing against leap year proposals, nor women doing the proposing. I have nothing against marriage, having been married some 51 years. However, the prospect of marriage these days has a lot of things to consider. When I was of an age to be courted, men seemed to know how to do the courting. Men seemed less reluctant in those days because Women's Lib had not struck yet, and they fully expected, and generally received, the hand of a woman who would cook, clean, bear children, and remain devoted to domestic endeavours.

Today's men want more. They want all of the above, plus a woman who brings in a healthy pay cheque. He wants a woman who will cook, clean, bear his children and hold down a full-time job. When I was a young woman, the role of wife and mother was considered a full-time job. Thanks to modern appliances, the birth control pill, and Canada Pension, most women are happy to have two full-time jobs.

So you're thinking about popping the question to that special man? I have no doubt you're probably living with him already, as that seems to be the trend. If his personal habits (which you have learned about through living together) have not put you off, you may have a good candidate for a life-time partner. If that is the case, I'm surprised he hasn't proposed by now.

If you are really smart, you've checked out his relatives and tried to uncover all the family secrets. I have found that families will try to

appear to be saints when a member brings along a prospective mate. Try to get to know all of them quite well so you know what their prejudices are. This takes time. Check out your potential mother-in-law like a detective investigating a homicide. There are two kinds of mother-in-law in my experience. There is the one who thinks her son is hopeless and she will welcome with open arms any woman prepared to take him and relieve her of the burden of worrying about his moving back home. The other kind of mother-in-law is the kind who is sure no woman is good enough for her precious son nor smart enough to mother her grandchildren. This kind will interrogate you about your skills as a cook, house cleaner, and anything else she thinks may pertain to her future loss of control over her son. Her questions may be subtle or point blank. She may even try to be chummy to find your weak spots. Don't be fooled. She will never forgive you for marrying her son, even if she tells you all she wants is her son's happiness.

Take a hard look at your lover's father, too. This is the man who taught your lover how to be a man, and that influence is lasting. What you see in the father now you will probably see in the son 20 years from now. This can be really daunting.

Now, let's get down to the proposal. I recommend you ask him when he least expects it. Don't make a romantic dinner. He may become suspicious and start getting tense or dreaming up excuses before you even ask the question. What you really want to do is drop the question like a terrorist attack and see whether he surrenders immediately or puts up a strong defense.

"Will you marry me?" you ask. If he says "Yes", don't go all fuzzy with relief or giddy with

delight. Follow immediately with the second question, "When?"

This is crucial. There are guys who say "yes" then begin to do everything they can to sabotage the relationship. These are the guys who meet the terrorist attack with counter-terrorist measures after what appears to be surrender. These guys engage in sneaky tactics and will stop at nothing to avoid becoming prisoners of your love. All they want is a graceful escape so they can tell their buddies, "It just didn't work out."

What do you do if the man of your heart says "No"? You may feel devastated, a fool, humiliated, angry, and sad. Keep your head, lady. This guy just did you a big favour. He's told you he's a waste of your time. Show him where the garbage bags are so he can pack, and call a locksmith to change the locks. Then bill him for his share of household expenses he may not have paid for yet.

Never get the idea you can't live without a man. Nearly all of us will have to live without one at the end anyway, because men kick the bucket sooner than women. You might as well face the fact that, even if he seems the perfect man, that's probably an opinion of only two people: his mother and him. You have been conned. You have been used. Take his "no" as a great blessing and get on with your life.

My last bit of advice should perhaps have been the first: never ask a man to marry you unless you understand what a good marriage is. Good marriages are like a good team of horses - both pull just as hard in the same direction and neither tries to get out of the harness on the least excuse. Any couple can have romance, steamy passion, fun and joy, but if there is no teamwork, then there is no real marriage. If you can't pull in the same direction, then you will pull apart.

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LET'S TALK!

AT YOUR SERVICE!

I was asked recently by a client to advise them as to what would provide them the best value to invest for investment purposes, to pay down their mortgage or invest in a RRSP and get an income tax refund. To determine this you need to know what your tax rate is and what you will save in taxes by making a RRSP contribution.

Using the table below you can see if your gross income is between \$37,884 and \$70,033 you will save 30.15% or \$301.50 in taxes for every \$1,000 invested in your RRSP.

2008 Income Tax Rates				Total Income
Federal	Provincial	Combined		
15.00%	5.35%	20.35%	On the first	\$35,016.00
15.00%	8.15%	23.15%	On the next \$2,868.00	\$37,884.00
22.00%	8.15%	30.15%	On the next \$32,149.00	\$70,033.00
22.00%	10.50%	32.50%	On the next \$5,736.00	\$75,769.00
26.00%	10.50%	36.50%	On the next \$4,637.00	\$80,406.00
26.00%	12.29%	38.29%	On the next \$17,230.00	\$97,636.00
26.00%	14.70%	40.70%	On the next \$25,548.00	\$123,184.00
29.00%	14.70%	43.70%	On the amount over	\$123,184.00

Assuming that your mortgage is \$100,000 @ 7.5% interest amortized over 25 years and you have 20 years left. The expected average rate of return on a RRSP will be 8% over the next 20 years.

Option 1: Contribute \$1,000 to RRSP and use the refund to pay down your mortgage. Your RRSP investment of \$1,000 will grow to be \$4,661. By applying your refund of \$301 to reduce your mortgage you will realize an additional \$1,000 savings in interest and reduce the amortization period of your mortgage by .1 years, a total savings of \$4,661.

Option 2: Pay down your mortgage and make no RRSP contribution. Applying \$1,000 to your mortgage will reduce your term by 0.4 years and save you \$3,270.

Option 3: Contribute \$100 per month (\$1,200 per year) to RRSP and use your refund to pay down your mortgage. Your RRSP investment of \$100 per month (\$24,000) will grow to be \$57,732. By applying your refund of \$362 to reduce your mortgage you will realize an additional \$8,749 savings in interest and reduce the amortization period of your mortgage by 1.8 years, a total savings of \$42,481.

Alternatively if your goal is to pay down your mortgage by simply increasing your bi-weekly PMT by \$100 (for a total of \$14,904 over 12.3 years) you will reduce your term by 7.7 years and save \$36,027. Or if you apply the \$14,904 in one lump sum you will reduce your term by 5.9 years and save \$36,894.

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THESE TIPS AND INFORMATION ARE INTENDED TO HIGHLIGHT GENERAL TAX RULES AND PLANS AND SHOULD NOT BE USED AS A SUBSTITUTE FOR APPROPRIATE PROFESSIONAL ADVICE RELATED TO YOUR SPECIFIC CIRCUMSTANCES.

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Princeton Town Crew had an unexpected repair to attend to February 21st - a water main leak in the heart of downtown forced a temporary closure of Bridge Street to allow for repairs. *

Letter To The Editor

Oliver man says 'thanks'

Dear Sir,

On Wednesday, February 13, about 8:30 in the morning, my wife and I were heading to Vancouver to keep my appointment for a second laser ablation heart procedure scheduled for Valentine's Day.

My heart had been running well for the last eight months but a feeling of apprehension probably released adrenaline and caused my heart to go into arrhythmia. I knew something was very wrong but I figured I could hold on until I got closer to the Keremeos Clinic - which I did. I pulled aside, stopped the truck, laid my seat back down - at which moment I lost consciousness and my heart stopped.

My wife jumped out of the truck and tried to flag someone down for help. Several vehicles went past her then a lady and her young son stopped and seeing what was the matter immediately pulled her car near mine and jumped into my truck and started giving compression CPR. My wife stopped an RCMP officer who called the ambulance. Then my wife helped with the CPR until I returned to consciousness.

I would like to thank this lady for her knowledgeable, kindly and compassionate help. We never knew her name because she went on her way as soon as she saw that I was back to life again.

I would also like to thank the paramedics, Tracy and Andrea, the RCMP officer, who told my wife that this was the first day on the job after his own heart attack and who was therefore very sympathetic, as well as the staff of the Keremeos

clinic.

Tracy and Andrea transferred us by ambulance to Penticton from where we were air lifted to Vancouver the next morning. At St. Paul's I had my four-hour successful laser surgery. I walked out of the hospital the same evening. Early the next morning we took the Greyhound bus home. It is truly amazing what modern medicine can accomplish!

Letter To The Editor

Accountability?

Dear Editor;

Re: Town Council Accountability

For recent past weeks there seems to have been an underlying theme from a number of your correspondents about the manner and way that this Council seems to be conducting the Town's affairs. From my 27 years of experience of serving the Town, 'stealth' now seems to be the by-word of the current Council.

The latest survey of Princeton that the Town carried out asked for residents' views on many subjects concerning the running of the Municipality, but one thing in particular caught my eye or should I say the omission of. I noted that under the possible 'Capital Expenditure' heading there was no mention of money being spent on the development of Princeton Airport and views were not sought on how important taxpayers rated this project.

Recently it was reported in the newspapers that a total exceeding

Our Canadian and BC universal public health care system offers to all citizens, regardless of wealth, rank or status, a service equal to any in the world, and it is well worth fighting for and keeping.

Again, I would like to especially thank the kind stranger for her knowledge, courage and presence of mind.

Yours very sincerely,

- James and Gudrun Moore, Oliver

\$240,000 would be needed to complete the work necessary to bring the Airport up-to-scratch. Councillor Jarvis was quoted as saying that the matter was being referred to the Town's budget process for the current year.

Presumably Councillor Jarvis, none of this money will be coming from taxpayers whilst there remains so much work to be done on the Town's infrastructure, a lot of which, as you are only too aware of, is in need of urgent attention? Can we also presume that the funding will be 100% free of tax money collected from the vast majority, who will not benefit from a hair-brained scheme which has been designed to benefit a few?

Sincerely,

- Danny Sulentic, Princeton

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The big news at the Post Office these days is the major upgrading of the existing facilities, including the replacement of all the postal lock boxes with brand new, more secure boxes along with the addition of 300 more boxes to meet growth demands in the area. The complete makeover, which will also see changes to the lobby, is expected to be finished in mid to late March. *

Letter To The Editor**Reader examines cuts to PGH**

To The Editor,

Once again on the hospital issue much has been said, and everyone has their ideas. But let's cut to the quick - the disembowelment of our Princeton Hospital was done needlessly on account of some bean counters in the Gordon Campbell government.

Their thinking was that regionaliz-

ing hospitals and health authorities would save money. This is nothing short of a cold-blooded, callous move, that gambles on lives of people being able to survive a 200-kilometre ride in an ambulance to a distant hospital.

Several months ago Dawn Johnson spoke of how the French solve their problems with govern-

ment stupidity - the public have a strike. "C'est le greve."

Could we normally apathetic Canadians 'hit the bricks' en masse to demand a full reinstatement of our hospital? If the hospital was returned to its full capacity, it is my belief that the doctor shortage would begin to improve.

- Jim Hodge, Princeton

Princeton Arts Council looks ahead

Spring is coming, and with it, the annual BC Arts and Culture Week. At the February 20 Arts Council meeting, members discussed forthcoming events for spring.

The main project for Arts & Culture Week is beautification of downtown Princeton. The Arts Council is focused on a mural at the

base of the hill path behind Pharmasave, but local business people are encouraged to paint or otherwise improve their building's appearance.

The museum had planned to open at Easter time, but with renovations in the basement of the building, this does not seem possible. The museum opening will take place April 26, the Saturday of Arts & Culture Week.

Nick Mills said he is writing articles on BC history for the celebration of the province's 150th anniversary, and planning displays in store fronts. It is also the 50th anniversary of the museum.

Princeton Traditional Music Society is hoping to launch a new project, a CD of traditional music

of Princeton. The society hopes to receive a grant to do the project. If successful, the society will produce 1,000 CDs for sale to the public. Proceeds from the sales will go to the society and to the museum.

Sue LePoidevin reported a very successful pottery workshop, and said it had generated interest from a number of people who read about it in the News Leader. Her youth pottery classes are going very well, and Potter's Guild members are working on a special project.

Vermilion Artists are planning a pastels workshop for April 11 and 12. Irene Gray of Summerland is the instructor.

Arts Council meetings are held the third Wednesday of the month at 7:00 PM at Riverside Centre.

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In addition to wine tasting and international snack foods, the Rotary Winefest on February 23rd also included a Silent Auction, Raffles and Door Prizes. The fourth annual event was a huge success. *

Group hosts literacy celebration party

In 2007 the Princeton Leaders for Literacy was created to identify and define the literacy needs of Princeton and District. Princeton was successful in receiving planning funds from the 2010 Legacies Now Society for building a community literacy plan late last year.

Princeton Rotary Club is acting as the Steward of this funding with Princeton Leaders for Literacy. In January 2008, Shauna Hassell was contracted as the Princeton Literacy Now Coordinator. Shauna's role with Princeton Leaders for Literacy is to work with the community in developing a living document that reflects the literacy needs and vision of our town.

This Literacy plan will encompass a broad spectrum of programs for residents of all ages (birth to death) and be used to leverage for future literacy funding for our community.

As many other rural communities Princeton is struggling with Literacy at all ages and skill levels. Statistics show literacy levels in rural communities for young adults entering the work force are not pre-

Smorg!

..... continued from Page 3 doing a separate Sacred Writing session. Hopefully there will be time before she moves on to her next learning site in B.C. She has brought a lot to the Community through the United Church of Canada. Thank you Dianne, Kay, Shirley, and Judy for your parts in this time of growth. Also, Janice as the Hospitality Person. I loved the dialogue and interaction: but most importantly, the reflective time.

- submitted by Linda Neumann

pared; some are choosing not to attend post secondary education. Other statistics show reading and writing skills of adults is at a grade 6 levels and seniors struggle with the technological age.

On March 4, 2008 Princeton Leaders for Literacy invites the community to attend our Literacy Celebration Party at 7:00 pm in the Princeton and District Community Skills Centre at 206 Vermilion Avenue. Join us in celebrating with our partners the progress and achievements made while discov-

Letter To The Editor

Are you ready to get painting?

Dear Editor;

Town painting week is getting closer!

I got a little side-tracked here the past few weeks so maybe I can get back on track with the town painting - remodeling ideas from last year. Spring is coming fast and there is still a lot of work to do before tourist season starts.

What we have accomplished in April is that same or even better feeling we all have at the parade on the July long weekend. Everyone is coming and everyone is having a great time! To get started we could get a list together of all the building and/or business owners who are - without asking - part of the 'repaint the town week/weekend.'

I suggest to let the Editor of this paper know if you as a building owner or business owner are confirmed to participate in the painting weekend. Or just call me at (250) 295-0324.

I personally would love to see the

ering our vision for the future.

Leona Gadsby, Director of Community and Adult Literacy for 2010 Legacies Now, will be presenting the 2010 Literacy Initiatives. She is working with Literacy BC and the Government of BC on the development of a benchmark framework for community literacy programs.

Meet the Princeton Leaders for Literacy, the local Literacy Now Task Force, who are working with the community in developing the Princeton Literacy Plan. -submitted

Mayor's name listed first because I am sure lots of people would follow some good leadership!

So, maybe in next week's paper we can list a few names of business owners/operators who are going to participate and add more names to the list week after week - that way we'll get everyone pulling on one string.

Lots of buildings only need paint or cosmetic woodwork, like trim. Or they just need a cleaning of the siding or wood before painting some great and different colours. We have to get away from the whole town looking a boring grey with light blue.

I will make a few suggestions on what I would do in next week's paper - so don't take my taste personally - we all will love this town 500% more the day we are done and we all will have a better income once this is done because out of town visitors will love this town just as much as we do!

- Stefan Dietz, Princeton

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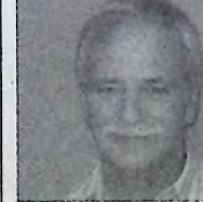


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Your greatest pleasure is that which rebounds from hearts you have made glad - Henry Ward Beecher



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